



## Natural Flair Coaching Ltd

### Presents:

# I DON' T CARE, AND YOU CAN' T MAKE ME!

This unique and inspiring masterclass develops confidence in understanding anger and helps you to explore the best way to approach angry behaviour and develop a calmer family environment. Packed with interactive strategies to take away and use immediately, you will leave inspired and empowered.

- Fed up with shouting?
- Are you constantly repeating yourself?
- Getting into constant power struggles with your child?
- Are you living with a Diva or a Door-slammer!
- Do you want tips and strategies to deal with angry children?

Our Parents Together Network offers specialist workshops for parents who want practical solutions and strategies for family life. All workshops are delivered by Sharon Lawton, an award-winning coach and resident family expert for Sky TV's The Chrissy B Show or other experts in the field of parenting and mental health.

### When:

11<sup>th</sup> Feb 2019

### From:

7pm – 9pm

### Ticket Price:

£15 (early bird)  
until 31<sup>st</sup> January  
then £24

### Where:

Nicholas  
Breakspear Sch  
Colney Heath  
Lane, St Albans

AL4 0TT

### To Book Contact:

Natural Flair  
Coaching Ltd  
01992 446 051  
admin@natural-  
flair.com