



## **Natural Flair Coaching Ltd**

### **Presents:**

## **WHAT IS IT WITH MY TEEN! – SUPPORT FOR STRESS, WELLBEING & BRAIN DEVELOPMENT**

This workshop will give you the tools needed to support your teenager with stress and wellbeing.

In this fun and inspiring session, we will cover areas relevant to parenting a teenager including the latest in neuroscience/development of the teen brain and how the teen brain is vulnerable to stress.

We will also cover strategies to support resilience and why teens get involved in risky behavior either on-line or with drugs and alcohol.

Our Parents Together Network offers specialist workshops for parents who want practical, no-nonsense 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:**

**18<sup>th</sup> March 2019**

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### **From:**

**7pm – 9pm**

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### **Ticket Price:**

**£15 (early bird)  
until 8<sup>th</sup> March  
then £24**

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### **Where:**

**Nicholas  
Breakspear Sch  
Colney Heath  
Lane, St Albans  
AL4 0TT**

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### **To Book Contact:**

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