



## Natural Flair Coaching Presents:

# It's OK Not To Be OK Talking To Your Child About Mental Health

**Time:** 9.15 – 12.30pm      **Date:** Saturday 11<sup>th</sup> May 2019  
**The University of Hertfordshire De-Havilland Campus, Hatfield**

### What's it all about?

This session looks at why mental health and wellbeing is so important. Research shows that we can learn skills to be happier and be aware that the choices we make about our actions, thinking patterns and attitude to life also play a vital role.

Packed full of strategies and ideas, this session will leave you empowered to have discussions with your child and your family to build happiness and ultimate wellbeing

### A Masterclass for parents & carers

Delivered by one of  
Hertfordshire's Top Parent  
Coaches and winner of  
Parent Coach of The Year  
2015.

**SPEAKER:** Sharon Lawton



DISGUST



SADNESS



ANGER



JOY



FEAR



Natural Flair  
Coaching Ltd

**There are limited places for this workshop**  
**To book contact:**  
**01992 446051 or [admin@natural-flair.com](mailto:admin@natural-flair.com)**