

North Herts DSPL Area 1 are pleased to present

**Raising Self Esteem and Developing a
Confident Child**
Self Esteem – The Greatest Gift

by

Sharon Lawton – Award winning parent coach
Natural Flair Coaching Consultancy

Tuesday, 23 January 2018

9:30am to 11:30am

Letchworth Garden City Partnership Pod
Northfields Infant and Nursery School, Burley, Letchworth SG6 4PT

This 2 hour practical and interactive workshop has been developed using material from popular Parenting Programmes and latest research in other areas. This workshop aims to explore why self esteem is essential to emotional wellbeing and how a parent can help. Resources used promote good adult education practice with a clear purpose and range of learning methods etc. It also promotes positive parenting and the parent/child relationship.

Learning Outcomes & Workshop Objectives:

- Understanding what self esteem is and why It's important
- To recognise and learn how to build self esteem in ourselves and our children
- To develop ways to help children develop resilience and a sense of self worth
- The importance of emotional intelligence and how to help your child develop it.
- Strategies and practical tips on how to raise self esteem and resilience

To book please email Debbie Robins or email
parentdspl@wilshere.herts.sch.uk (07527 828477)

Places are limited – please book early to avoid disappointment!

Helping you achieve your full potential



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