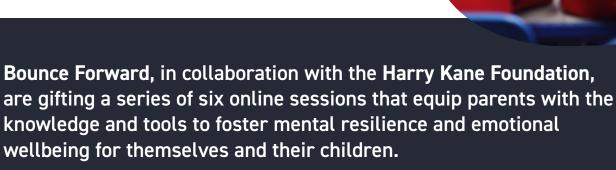
## EMPOWERING PARENTS TO HELP CHILDREN THRIVE







## What we'll cover

- How the brain works, the link between thoughts, feelings and behaviour
- Nurturing optimism and thinking flexibly to overcome adversity
- Helping children gain more control over how they feel and behave
- Developing empathy
- How to connect meaningfully
- Enabling a growth mindset and focusing on strengths

## 17,000+ parents highly rate this programme

"It was so amazing, I looked forward to the sessions each week, learnt a lot of mind blowing information, that I have applied to my life and have seen improvements! Wish there was more sessions, so sad that it has ended!

I have loved learning about my strengths, the ABCs, process praise, the growth mind set, being aware of my gremlins, it has been wonderful learning, and these sessions have been apart of my self care!

Thank you ever so much!"

**REGISTER HERE**