

Speaker Events, Training and Coaching



Proactive wellbeing
Emotional intelligence
Handling conflict
Healthy and resilient relationships
Child/adolescent development
Parenting

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Supporting our daughters through family conflict, divorce, and separation. Webinar for parents of Francis Holland School via Zoom. Tues 25th January 6pm-7pm.

Emma Gleadhill – Speaker, trainer and life-coach. Psychological wellbeing: at home, at school, at work.
www.emmagleadhill.com

In the UK 1 in 2 children experiences the separation or divorce of their parents by the time they reach 16 years of age. Many more have had experiences of family life put under pressure due to the pandemic. All of these issues put relationships and the parents' availability for the child come under strain.

While in emotional distress themselves, parents often manage to pay attention to the needs of their children and it is this parental support that helps children and young people through this transition. This talk will cover:

- Thinking about the needs of parents when navigating through separation divorce.
- The factors that make it difficult to be consistently mindful of children's needs.
- The needs of the children at different ages and stages – behaviours and signs to watch for in response to family breakdown.
- What parents can do to help.
- How to be present and available for our children through turbulent times

This is a difficult, though highly relevant topic for families. We hope that parents will find the session resonant, and helpful, at a time when they can often feel powerless. The session will include scope for questions and answers.

The session will be recorded – and there will be scope for Q and A in the live event.

Register in advance for this webinar:

https://us06web.zoom.us/webinar/register/WN_EMq6vm-hR4OEbKeUa4XXGw

FREE weekly/ fortnightly newsletter: **Parenting with Purpose**. Reflections on family life today, linked to cutting edge research, adapted and applied for busy, parents making caring course-corrections in the ever-changing challenge of supporting our children through their growth and development. **Subscribe** via the link on my website home page or direct: <http://eepurl.com/gORacn>



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About me:

I am a high-profile trainer, working on psychological wellbeing and healthy relationships in the home, in schools, and in the workplace. I work with parents and parenting groups at schools and in corporate settings.

I work with teachers at all levels including providing supervision for safeguard leads – equipping, empowering and inspiring them with my knowledge of child development research, positive psychology – or the science of wellbeing – and my coaching skills.

I also provide training – talks and workshops for young people in support of the relationships and sexual education agenda, as well as empowering pupils with practical strategies to develop emotional agility, emotional intelligence to equip them with self-advocacy strategies, ways to understand and frame difficult situations in peer group dynamics, and to exercise self-compassion and self-care strategies to look after their wellbeing and manage anxiety.

I am an established professional coach. I trained with the internationally recognised Co-Active Coaching group which I have found is a model uniquely suited to leadership coaching, and life coaching.

We have a tendency to try to solve our problems with logic and analytical thinking. And this is often how adults feel they can help the children in their care. But what we're not using – when we do that – is our gut brain. Humans are feeling creatures who think...so we miss a trick when we try to download our wisdom like an app in a child or teen.

We have a neural system in our gut, in our heart all linked by the vagus nerve to the right brain which is creativity, vision, emotion, empathy. These are the key nutrients to grow optimism, engagement, and the commitment that makes change happen. When we use this in our work as parents and teachers, we are able to offer a vital co-regulation for the nervous system of the child so that they can get back to their secure base – the launch pad for learning and adaptive growth (as opposed to maladaptive habit). This is why I teach listening skills, embodiment skills, curiosity and reflection on somatics in order to – quite literally get to the heart of the matter more quickly and meaningfully.

I am so excited to be working with you. Subscribe to my newsletter: Parenting with Purpose:

<http://eepurl.com/gORacn>