

Speaker Events, Training and Coaching



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

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Emma Gleadhill – Speaker, Trainer, Coach.

Wellbeing webinar for parents at Francis Holland School – Registration link below.

Tues 23rd March 6pm -7pm

Supporting our daughters.

How the quality of your listening plays a pivotal role in her brain development and path to independence.

- Modelling problem solving in the emotional and relational realm.
- How you show up around conflict, disappointment, damage.
- Acceptance – what we can and can't change. Clarifying and being mindful of 'our stuff' and 'their stuff'.
- Responding in ways which empower and build self-esteem & self-motivation.

A practical session for **parents** delivered via webinar.

NB This session is pitched at parents and how they can show up in ways that are going to help their daughters. It is not intended for the girls to join the session so that all parents can feel free to contribute and ask questions.

Weekly/ fortnightly newsletter: **Parenting with purpose**. Subscribe via the link on the home page.

<http://www.emmagleadhill.com/>

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_TVKIUyZSdC8SiNoMnb0XA

After registering, you will receive a confirmation email containing information about joining the webinar.