



**EDUCATING
MATTERS**

POSITIVE PARENTING & FAMILY SKILLS



Fed up with nagging, repeating yourself, justifying, cajoling, shouting, reminding and getting nowhere?

Would you like....

- To be more in **control** and **less stressed**?
- Life at home to be **calmer** and **happier**?
- Your child to be more **co-operative** and **self-motivated**?
- To help your child to **fulfil their potential**?
- Simple, proven tips on **positive discipline** that works?

Being a parent is the most rewarding but difficult job we will ever have. There is no such thing as the 'perfect' parent. With some easy to learn techniques, parents can make family life more fulfilling, happy, nurturing and ensure that they bring out the best in their children, setting them up for life.

The course improves communication and understanding between parent and child to build strong, respectful relationships within the family. Children will become more co-operative, self-reliant and resilient. It empowers parents/carers with children of all ages from toddlers to teens, whether you are having difficulty or not.

Rachel Vecht delivers the course. She is a highly experienced primary school teacher, established coach, lecturer, educator and mother of 4 children. She has delivered '**Educating Matters**' seminars, courses, webinars and clinics to thousands of parents in the UK's top companies, schools and homes.

If you have specific concerns or issues, personal consultations are also offered over the phone or face-to-face.

FURTHER DETAILS AND BOOKINGS

info@educatingmatters.co.uk | 020 7604 4922

www.educatingmatters.co.uk

"The skills worked like magic and had an instant effect."

"I feel much calmer and more positive."

**SIGN UP FOR A
FREE TRIAL
CLASS**



The 10 week 'Positive Parenting and Family Skills' course

- 1: **Descriptive Praise** – Encouraging confidence, cooperation and motivation.
- 2: **Emotion Coaching** – Improving your bond with your children and encouraging communication.
- 3: **Setting up for Success** – Preparing our children to do their best.
- 4: **Family Values** – Establishing rules and using rewards.
- 5: **Negative behaviours** – Understanding and responding constructively when children get it wrong.
- 6: **Fostering independence** and training children in important life skills
- 7: **Being in charge** positively and constructively
- 8: **Fostering harmony** and **resolving conflict** between children
- 9: **Keeping calm**
- 10: What to do when **children push your buttons**

Time: *Weekly two hour sessions, during term time.
Opt for 5 week core skills course (10 hours) or full 10 week course (20 hours)*

Venue: *Courses in Maida Vale (mornings and evenings) and at other North London locations, or in your own home with a group of friends.
If you are not living in the North London area, courses can be offered via Skype*

Fee: *5 weeks costs £300 per person.
10 weeks costs £450 per person, £650 per couple.*

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"I feel that my kids are happier, calmer, more confident and less competitive with each other. It has made a massive difference to my relationship with them."