

CORONAVIRUS -COMMUNICATION MATTERS



"Parents are a child's first and most important teacher"

HOW TO GET THE BEST OUT OF YOUR CHILDREN & ANYONE ELSE

During this challenging period, effective communication skills are more important than ever. Very few of us are used to being with our partners and children 24-7. This webinar will share common sense communication tools that you can apply to any relationship: children, friends, family or work colleagues. The first half explores 'how to talk' in a way that encourages motivation, boosts self-esteem, co-operation and fosters a growth mindset. The second part explores 'how to listen' with empathy and understanding, to help self-regulation, nurture emotional intelligence, express feelings and manage emotions more constructively..

SESSION OUTLINE

- The importance of good self-esteem
- How not to motivate
- How to descriptively praise and develop a 'growth mindset'
- Understanding emotions and what is going on in the brain
- How to use 'emotion coaching' to help children develop emotional literacy & manage upsetting situations

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Opportunity to ask questions

RACHEL VECHT (SPEAKER)

Trained as a primary school teacher at the Institute of Education in London and taught in both the state and private sector. She has also worked as a University mentor and lecturer to student teachers. 19 years ago she founded 'Educating Matters' to engage, guide and support employees with caring responsibilities. Our extensive client list covers a wealth of different sectors including: banking & finance, legal, retail, accounting, tech, construction, media, utilities and recruitment. Rachel is a mother of 4 children. She also privately delivers a ten week 'Positive Parenting Course' covering more general parenting issues, speaks in schools, writes in the national press and offers one-to-one consultations to parents globally.