



## HOW TO MANAGE THE REALITY

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As CEO's of their families, working parents and carers are in need of practical and realistic information to help their children understand that reality and make a plan to manage themselves and their children for what may come in the next few months. This webinar is designed to provide the information parents and carers need in a succinct and positive way, so that they feel confident and have practical strategies to manage this very complex, unprecedented situation.

## SESSION OUTLINE

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- Keeping calm and managing anxiety
- Talking to children of all ages about coronavirus
- Working from home with children around
- Maintaining children's learning at home
- What to do when things go wrong
- Useful websites & resources

## SESSION INCLUDES

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

## RACHEL VECHT (SPEAKER)

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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.