



## EMOTIONAL WELLBEING FOR PARENTS & CHILDREN

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To support our families during this difficult period, we can't afford to neglect our own mental health. In order to feel balanced, productive and creative, parents are trying to manage time, stress, guilt, uncertainty and successfully prioritise themselves and their ability to recharge.

This session provides practical tools to help working parents be the very best, most authentic version of themselves and also explores how to help children manage and articulate their emotions during this challenging time.

### SESSION OUTLINE

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- Keeping calm
- Self-care
- Know your values
- Expectations/ identity & mindset
- The reality of homeschooling
- 'Emotion coaching' for your child

### 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 for questions and discussion

### 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. Over the past 19 years (in addition to becoming a mother to 4 children), she has written and delivered 'Educating Matters' seminars to tens of thousands of working parents in the corporate and public sector. She also privately delivers a ten week 'Positive Parenting Course' covering more general parenting issues, speaks in schools and offers one-to-one consultations to parents globally.