

# LOCKDOWN 3.0 - EMOTIONAL WELLBEING MATTERS



**EDUCATING  
MATTERS**

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

## MENTAL HEALTH THROUGH COVID-19 & BEYOND

---

To support our families during this difficult period, we can't afford to neglect our own mental health. Working parents and carers may be trying to manage time, stress, guilt, uncertainty, frustration, anxiety and successfully juggle competing priorities and identities to be able to work, look after themselves and their family. It's not easy!!!!!! The pandemic has also raised increasing concerns about children's mental health. This webinar will share practical tools around how parents can navigate and protect their own mental wellbeing and 'listen' with empathy and understanding, so that children can express their feelings and deal with emotions more constructively. In turn this will enrich communication and connection between parent and child.

## SESSION OUTLINE

---

- Expectations, identity & mindset
- Managing guilt & stress
- Practical tools for self-care & good mental health
- How to help children regulate emotions & build resilience
- Using 'Emotion Coaching' with children to show empathy and understanding

## SESSION INCLUDES

---

- 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)

---

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 20 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.