

# POSITIVE PARENTING COURSE

## FED UP WITH REPEATING & REMINDING?

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Parenting is the most rewarding but difficult job you will ever have. Would you like...

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

## COURSE OUTLINE: HARMONY AT HOME

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- Descriptive Praise – motivation, confidence, cooperation
- Emotion Coaching – communicating & managing emotions
- Setting up for Success
- Family Values
- Negative Behaviour
- Fostering independence
- Being in charge
- Fostering harmony & resolving conflict between children
- Keeping calm
- What to do when your kids push your buttons

## REMOTE SESSIONS: MONDAYS 8-9.30PM

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- Opportunity to ask questions and discuss challenges in an informal group
- Techniques can be adapted for any age child
- An invaluable detailed course manual, with follow up activities
- 5 week course - £300 (+VAT) or 10 week course - £400 (+VAT)

## RACHEL VECHT (FACILITATOR)

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Rachel draws on her practical, 'imperfect' experience of being a mother to 4 children. She trained as a primary school teacher at the Institute of Education and taught in both the state and independent sector. Also working as a University mentor and lecturer to student teachers.

20 years ago she founded Educating Matters and has supported tens of thousands of working parents globally in the corporate and public sector.

Rachel speaks in schools, writes for the national press about parenting and offers one-to-one consultations to parents.