

# COVID-19: EMOTIONS MATTER



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

## CHILDREN'S PSYCHOLOGICAL WELLBEING

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Parents sometimes struggle to understand the reasons behind a child's behavior and what is bothering their child. Particularly now during this global pandemic when we are all experiencing strong and varied emotions.

This webinar will explore how to listen with empathy and understanding, so that children can express their feelings and deal with emotions more constructively. In today's society where there are increasing concerns about children's mental health, using emotion coaching will enrich communication and the relationship between parent and child.

## SESSION OUTLINE

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- Understanding how the brain works
- Being aware of a child's emotions & the importance of acknowledging feelings
- How to help children develop emotional literacy to manage upsetting situations
- Using emotion coaching with children to show empathy and understanding
- Practical tools to support children's emotional wellbeing

## SESSION INCLUDES

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- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the seminar
- Opportunity 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. 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.