

Parenting Matters

RAISING A CHILD TO THRIVE

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

1. Understanding yourself and your child
2. Fostering motivation, self-confidence & cooperation
3. Navigating emotions
4. Setting up for Success
5. Establishing values, boundaries & routines
6. Managing mistaken behaviour
7. Keeping calm

Remote sessions: Monday evening 8-9.30pm

- Opportunity to ask questions and discuss challenges in an informal group
- Techniques can be adapted for any age child
- 7 week course - £300 (+VAT)

Facilitator: Rachel Vecht



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 in London and taught in both the state and independent sector. She has also worked as a University mentor and lecturer to student teachers.

In 2001, she founded Educating Matters and has supported and guided tens of thousands of working parents in the corporate and public sector globally. She also speaks in schools, offers one to one consultations to parents globally and comments on parenting for the media, podcasts and blog posts.

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TESTIMONIALS

"Soooo good to have spent so many weeks resetting my mind and letting go of my experiences from childhood and understanding child psychology better."

"Huge impact on myself and my husband. Some things don't change overnight but now we stop and think before we talk to our children when they're not behaving well. We try to plan more, now that we understand the potential causes of their misbehaviour."

"After the course I am pretty confident that I am a better parent and my kids are happier."

"Rachel's course is so effective and informative. Not only do you learn theory but she also gives you so many practical tips and tools to deal with every day challenges that you face whilst raising children. I feel so much better equipped to deal with those now and have seen instant changes in behaviour and outcomes! I can't recommend her and her course enough!"

"I can't say enough good things. I learned to stay in control of my emotions and be a good teacher to my children. Every session of the course made me stop and think and gave me invaluable tools and techniques to apply each and every day. It was enjoyable – more so than I at first thought it would be – and being able to openly share the challenges, stresses and strains of parenting was incredibly cathartic."

"If you're concerned about the investment of time and money then don't be. You're investing in the long term so the investment itself pails into insignificance in relation to the long term value – family health, well-being and fun times!"

"I can't tell you how much these classes have helped. I quite often say to Peter, "What do you think Rachel would say in this situation?!" That sentence seems to remove all the conflict from a situation and take us back to your living room where we work it out together."

"The course made a huge difference in our home and I even communicated the ideas with my son's school teacher who said it has made a big difference to his behaviour in schools."

"The most meaningful insights were listening to other parents and seeing myself in them."

"I will be honest in saying that I may have been slightly sceptical at first but I have really been able to take away some food for thought. I learnt some powerful stuff that I would not have anticipated, particularly about myself and my expectations. Thanks again Rachel, the experience has been an uplifting one."

"Huge thanks to Rachel for creating this lovely teaching atmosphere and making this difficult task of positive parenting seem so simple to everyone. My husband and I were both very impressed by her knowledge and positive energy. It is obvious that she loves teaching this subject; she was never short of any answers/recommendations when most difficult scenarios were brought up in the class discussions."

"It has been a pleasure to attend your classes and you have really changed my style of parenting for the better. It has all had such a wonderful impact on my girls already and I can't thank you enough. It really is the best money spent and I have thoroughly enjoyed the sessions."