



Natural Flair Coaching Ltd

Presents:

WHAT IS IT WITH MY TEEN!

- SUPPORTING WITH STRESS

This workshop will give you the tools needed to support your teenager with stress and wellbeing.

In this fun and inspiring session we will cover areas relevant to parenting a teenager including the latest in neuroscience/development of the teen brain and how the teen brain is vulnerable to stress.

We will also cover strategies to support resilience and why teens get involved in risky behavior either on-line or with drug and alcohol

Our Parents Together Network offers specialist workshops for parents who want practical, no-nonsense solutions and strategies for family life - all workshops are delivered by Sharon Lawton, an award-winning coach and resident family expert for Sky TV's The Chrissy B Show as well as other experts in the field of parenting and mental health.

When:

18th March 2019

From:

7pm – 9pm

Ticket Price:

**£15 (early bird)
until 31st January
then £24**

Where:

**Nicholas
Breakspear Sch**

**Colney Heath
Lane, St Albans**

AL4 0TT

To Book Contact:

**Natural Flair
Coaching Ltd**

01992 446 051

**admin@natural-
flair.com**