

## Parents & Carers As Coaches Course

Does your child or teenager sometimes find it difficult to manage their feelings, concentrate, listen or follow instructions? Have you wondered how best to help them?

Parents As Coaches provides practical solutions and simple yet effective coaching tools to support your child with their difficulties. It will help you understand why your child finds it hard to meet adult expectations.

Through this course, you will learn how to help your child develop the skills needed to learn and achieve their very best:

- Managing their emotions and impulses
- Controlling their attention and managing distractions
- Listening
- Organising their belongings
- Managing time and completing tasks

### How is it delivered?

This live online programme is delivered through Zoom over eight weeks. Each week there is a 1.5 hours' live session, with an opportunity following each session for participants to ask questions about their own situation.

### Costs:

One household (two or more adults accessing the training together on one device) £199 inc VAT

Includes:

- Eight live online sessions
- A year's access to our electronic toolkit and an online booklet related to each session

You can also buy your own paperback copy of our Toolkit and a set of cards at a one-off special price of £14.00 (usual price if bought outside of this course = £16.50).

### Who is this course suitable for?

Any parent or carer, particularly those whose children struggle at home or at school with the common difficulties outlined above. We offer an Early Years and Primary course (parents or carers of children aged 3 to 11 years) and a teens course (parents or carers of children aged 11 to 18 years).

### Course Aims:

- Discover the neurobiology that lies behind your child's difficulties
- Learn how to respond to your child in ways that supports good self-esteem and increases motivation.
- Develop the skills to help your child understand and take control of their difficulties
- Learn ways to help your child minimise their difficulties and maximise their strengths.
- Learn simple strategies to help your child build the skills to become independent, confident and motivated at home and at school.

### Follow on Courses:

- **Skill Building with your child:** a 6 week course that looks in further depth at ways to help your child build important core skills such as flexible thinking, attention control, and energy and emotional regulation.
- **Parent As Coaches Advanced Level Training:** a four week course that helps parents to refine and build skills introduced in our core training course.