

How to help your child manage their own behaviour



**Learn
practical
approaches**

**Understand how
their brain
works**

**Build mutual
respect & feel
happier**



CHANGING CHANCES

Parents & Carers as Coaches
TRAINING PROGRAMME

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Who is the course for?

Our training programmes are for parents, carers and family members of children aged from 3 to 18. These children may be having a hard time managing their behaviour positively at home, at school and in the community.

If you want to find new ways to help your child manage their own feelings, concentrate, listen and follow instructions, as well as improve your relationship, this course is for you.



What will you learn?

You will learn practical solutions and simple, very effective, coaching tools to use with your child, enabling you to be confident in helping them to develop skills such as:

- Managing emotions and impulses
- Controlling attention
- Listening and dealing with distractions
- Organising belongings
- Managing time and completing tasks

You will learn about their developing brains and why they find it hard to cope in different situations. You will develop the skills to look behind the behaviour; to be "curious, not furious" about what's going on for them.



"My daughter is opening up more. She is now sharing a lot more information with me. Instead of reacting badly I adopt a curious approach." – Parent

What is the Parents and Carers as Coaches?

Parents and Carers as Coaches is an innovative, neuroscience-based, day-to-day management process for challenging behaviour.

It helps build strong relationships based on mutual respect, real listening skills and positive communication, often using visual aids. It guides adults and children to move from responses driven by emotion, towards positive self-control.

The approach enhances self-esteem and well-being, as well as boosting motivation and confidence.



How long is the course & how much is it?

Our live online programme is delivered via Zoom over eight weeks. It is suitable for parents and carers of children and young people of any age.

Each week there is a 1.5 hour session, with an opportunity for participants to ask questions about your own situation. There are flexible session times in the day, evenings and sometimes weekends.

£199 inc. VAT for each household (two or more adults on one device). This includes 3 months' access to our electronic toolkit of materials.

A paperback copy of our toolkit and set of cards are available at a special price of £14 inc VAT.

If you **prefer to learn at their own pace** we offer a self-study programme with embedded videos, supplemented by two live online drop-ins to ask any questions. Price: £119 inc. VAT

If you would like to join our training but are having financial difficulties, please get in touch.



"The course was transformational with marked improvements in my child's behaviour. I get myself ready first and don't fear talking about anything now."

– Parent

Words from Parents

"The atmosphere in the house was horrendous. Now we have a peaceful home and no police knocking on the door"

"My son has told us: "I know you are working hard to make me happy"

"I don't react to my daughter's stressors anymore. I can now be a parent-coach and calm my daughter down."

"I found everything helpful. It was brilliant to feel that there was someone I could talk to who wasn't judgemental and was separate from Social workers and Police"

"My partner used to rise to his challenge, but now he is much calmer and works through a way of negotiating with our son and our son is responding to this."

"The Empowerment Approach empowers you to be better for yourself and your children."

"The course has given me a renewed sense of hope and confidence in taking positive action. Now I don't keep treading paths that are not working. I am more equipped with options."

Contact us for a chat

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Get in touch