

Roots & Wings

Executive Coaching Seminar for Parents

Springfield

Join us in The Pavilion
Friday 30 August 2019
09h00 - 12h00

Where you will:

- Discover how to release many of your parenting fears and frustrations.
- Overcome any current negative parenting patterns.
- Learn one simple daily activity that will replace child triggered behaviour with calm and grounded parenting.
- Learn the 5 questions to ask that ignite meaningful conversations...and the one question NOT to ask.
- Learn how to listen and understand what your child is really saying...and not saying.
- Feel lighter and supported on this parenting journey.
- Be able to use these skills in all areas of your life – workplace and at home.

*'A beautifully presented morning that made me realise that I am the one that can make the change in my home by changing myself first. This was an **empowering experience** for me'. – Yasmin*

*'Thoroughly enjoyed the seminar content, **sharing parenting challenges** with fellow parents - Lindsay's style, makes everyone **feel at ease** with a warm and honest delivery of practical ideas and a **succinct message** to take home and practice - with our children and everyday life!' – Andrew*

For more info email Lindsay at:
lindsay@rootsandwings.co.za

or visit

www.rootsandwings.co.za



Coach: Lindsay Bolus