

Natural Flair Coaching Presents...
Master Your Inner SuperHero!
Workshops for kids



Our Incredible Kids Workshops are fun and interactive, focusing on areas such as self-esteem, building resilience, mental health, well-being, and emotional regulation enabling children to feel confident emotionally.

Children will leave with effective techniques and strategies for dealing with overwhelming feelings like anxiety, anger and stress management delivered in a fun and creative way, they will also be encouraged to start to create their own personal “resilience tool-kit”

Children can come alone, or with a parent if they prefer which means you can learn together!

18th February ‘19 (half term): Master Your Inner Super Hero – suitable for School Years 4, 5 and 6

Delivered by award winning coach;
Sharon Lawton of Natural Flair Coaching

When:

**Monday 18th Feb
2019**

(half term)

From:

9.45 am to 12noon

Price:

Special offer: £15

Offer ends 14 Jan ‘19

Where:

Garden Fields JMI

Townsend Drive,

St Albans

AL3 5RL

To Book Contact:

**Natural Flair
Coaching Ltd**

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flair.com**