



Natural Flair Coaching Ltd Presents Saturday Masterclass Series



Don't Shout At Me!

5 Steps To A Calmer Family Life

An interactive masterclass which allows you to explore the best ways of approaching angry behaviour and develop a calmer family environment

- Fed Up With Shouting?
- Are you constantly repeating yourself?
- Getting into constant power struggles with your child?
- Are you living with a Diva or a Doorslammer!
- Do you want tips and strategies to deal with angry children?
- Want to know how to model and teach safe ways of expressing angry feelings?



Delivered by:

**Sharon Lawton – Award Winning Parent Coach,
Natural Flair Coaching Ltd**

Venue: The Members Lounge,
University of Hertfordshire Sports Village, de
Havilland Campus, Hatfield AL10 9EU

Time: 9.30am – 12.30pm

Date: 5th October 2019

Price: £36 early bird – full price £45.00

Previous course sold out

Early bird tickets available until 23rd Sept



This bespoke interactive session is delivered by Sharon Lawton, an award winning parent coach and will enable you to learn about anger management, and get tips to help cool both you and your child off.

Get advice on managing anger, recognise stress and anger triggers and find new ways of coping with them. You will also understand what anger really is, dispel some myths about anger and identify the signs of anger in yourself and others. The sessions will enable you to learn skills to improve relationships and communication and encourage positive responses within your family.



Natural Flair
Coaching Ltd

Spaces are limited –to book your place please reply to:

Email: admin@natural-flair.com or www.natural-flair.com/shop