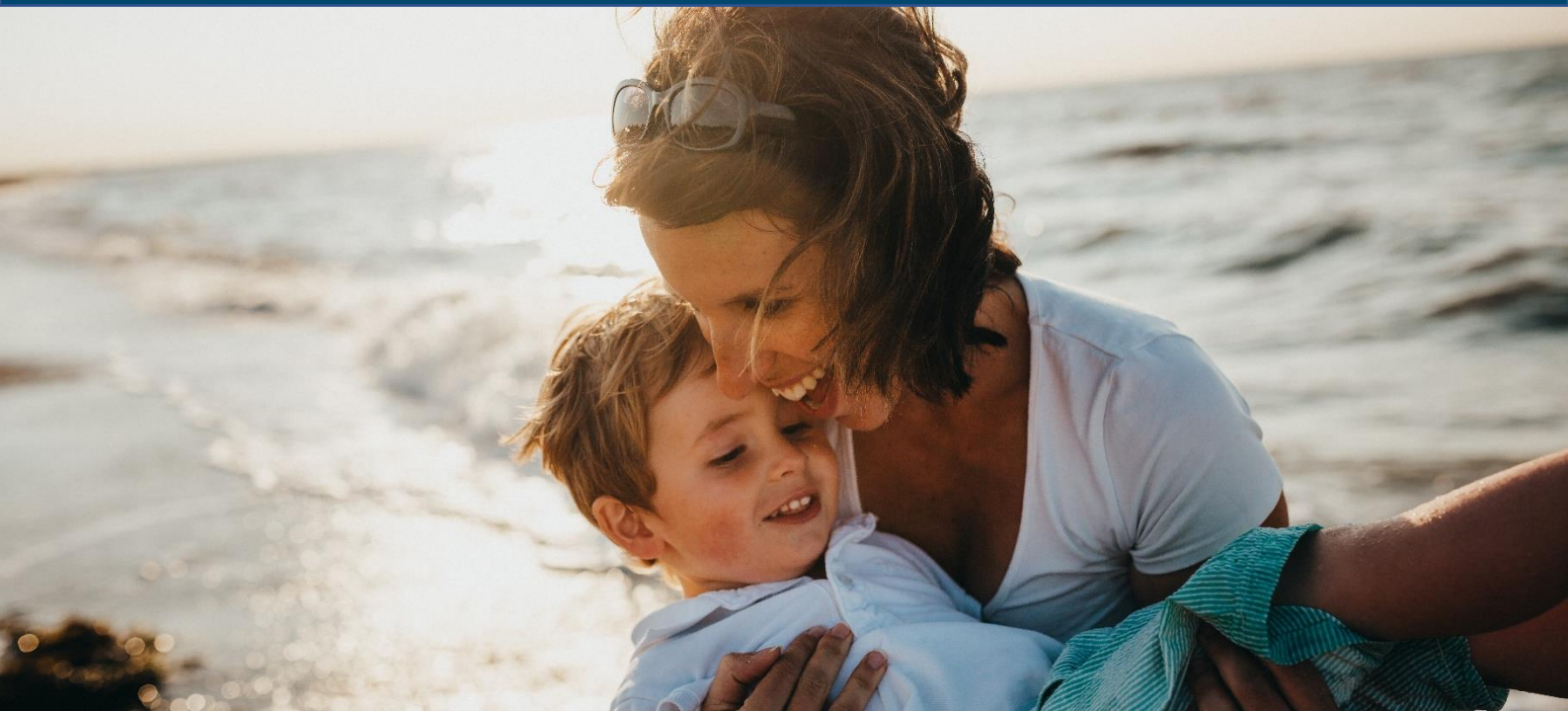


Emotion Coaching Your Child

Bunbury



Raising our children should be one of life's greatest experiences, but as every parent knows it can often be overwhelming.

Research indicates that developing the emotional competence of your child provides a 'secure' pathway to the development of Emotional Intelligence (E.Q. - believed to be a better predictor of success than Intelligence (I.Q.)).

This workshop is designed to introduce you to the art of Emotion Coaching which helps parents to be supportive of their child's emotional world and to value emotional connection and intimacy.

Participants will be encouraged to learn how to:

- Help their child identify and understand their emotions
- Soothe and guide their child through their 'difficult' emotions
- Understand the contribution of their own emotional world to their parenting
- Communicate with their child more effectively
- Understand the different styles of parenting

When: Tuesday 14th February 2023

Time: 6pm-8.30pm

Where: BUNBURY FAMILY RELATIONSHIP CENTRE
Corner Molloy and Symmons Streets, Bunbury
Access from Symmons Street side of the building

Cost: \$30 per person

For information about our courses and workshops please call 6164 0566 or visit

www.relationshipswa.org.au



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