

ARE YOU WORRIED ABOUT YOUR CHILD'S WELLBEING?

Does your child seem to be cross, agitated, or struggle to be calm and still? Do they worry about the unknown, struggle to make decisions and get stressed in new places or situations? Are they missing out because they can't seem to relax and embrace their childhood? Are you worried about situations in the future such as exams, residential and milestone events? Do you feel tired from the worry about constant meltdowns over things you feel you can't predict?

I can help...

I am Emma. I am an ex schoolteacher with twenty years of teaching and coaching experience. I played sport to a high level and struggled with the pressure, loneliness and perfectionism that it can bring.

I have seen more and more children suffer from anger, aggression, lack of self-esteem and huge anxiety. As a teacher, I felt I never had enough time to work with children on an individual basis to tackle this, even though I knew I had the skills to help.

I spoke to countless parents who felt there were no options to help.

But now I'm here for you and your child. I work with children aged three right up to adulthood. I also work with teachers, Head Teachers and other high-level professionals on their mindset, view of themselves and coping strategies so they can get out of the hole they find themselves in and start embracing their life again.

I work with children who are already, or on the cusp of becoming, school refusers.

Our brain is a highly complex part of our body, and if we don't look after it, it won't work as well as it could. This is where we can start to feel depressed, isolated, struggle with being dysregulated, have melt downs, struggle to relax, have intrusive thoughts and let self-doubt and lack of confidence creep in and take over.

I have bags of experience: counselling, teaching, coaching, a degree in psychology, a parent of two children, a certified life coach and qualifications in challenging behaviour. I don't judge and I have no preconceptions of you or your child. I am here to make a difference when you or other people can't.

Your child and I will use physical activity, emotion coaching, NLP and CBT to help learn how the brain works and what our hormones and emotions really mean in our body. Your child will have fun in our engaging, upbeat sessions and they will learn real strategies to cope in hard situations that they'll also be passing on to you in no time!

If your child had broken their leg or their arm, you wouldn't sit and hope it got better, you'd do something. The brain needs to same support when you know it is struggling and affecting your child's wellbeing and mental health.

Take action now to help them, not just for the present, but for their entire future.

Growing Minds
CHELTENHAM

Coaching for your child to help them embrace who they are and cope with the stresses of life as a child today

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