

Destined for Greatness NI -
Information for parents and caregivers.



Hello! I'm Katrina

I work with schools, settings families and other services helping the grown ups to understand and support children and young people experiencing social, behavioural, emotional and wellbeing needs.

We all have social, behavioural emotional and wellbeing needs and from time to time we might need some extra help or support with these, I've been helping children and young people, their families and schools for more than 20 years so this is familiar territory for me!

What I do...

I support grown ups at school and at home to help children and young people to

- develop emotional awareness and regulation
- navigate friendships and relationships
- develop coping skills to help them build resilience, navigate challenges and manage difficulties
- manage change and transitions
- look after their emotional wellbeing

How...

I work with staff to understand and support children and young peoples Social, Behavioural, Emotional and Wellbeing needs at school. This might include-

- Classroom Observation
- Advice, support and signposting
- Tailored support and intervention
- Planning, monitoring and review
- Classroom and group-based programmes
- Training and Capacity Building

I also work with parents and caregivers -

- 1 to 1 parenting consultation and coaching - supporting YOU to help your child
- Parenting Workshops and Programmes

*school will ask for your permission before I do any individual work in relation to your child. If I'm working with a class or group, school (or your child!) might tell you about this -either way, it's nothing for you to worry about!

A bit about my background...

- ✓ Fully qualified and GTCNI registered teacher
- ✓ 20+ years specialist experience in EANI Behaviour Support Services and EOTAS
- ✓ Up to date Safeguarding training
- ✓ Access NI checked
- ✓ Certified and insured Parenting and Personal Development Coach
- ✓ Certified Mindfulness and Meditation Practitioner and Teacher

Find out more about me and the services and supports i offer for parents and caregivers on my website!

destinedforgreatnessni.com



Empowering Parents and Educators
to help kids grow up GREAT!

www.destinedforgreatnessni.com