



presents....

Connection

COMPASSION & EMPATHY

Coming to BEAUFORT

DATE: Monday 22 May

TIME: 5pm - 7pm

VENUE: Beaufort Library, 72 Neill St, Beaufort

PRICE: Free

REGISTER: Let us know you are coming via the UP
COMING EVENTS page on our website.

WHY EMOTION COACH YOUR CHILD?

Emotion Coaching is a communication strategy, which supports children & young people to self-regulate & manage their stress responses.

Extensive research has pin-pointed the adult responses that lead to emotional health in children. Emotion Coaching uses moments of heightened emotion & resulting behaviour to guide & teach the child & young person about more effective responses. When child/teen's emotional state is acknowledged & validated, a sense of security & connection is promoted.

CONNECTION, COMPASSION & EMPATHY 2 HOUR WORKSHOP

In 'the moment' of overwhelming feelings, some of the biggest parenting challenges arise. Connecting with compassion & empathy, even when you find it hard, can not only create a deeper bond & trust, but allows movement through the emotion and teachable moments to be found.

Program Details:

- Why are emotions overwhelming
- Where does our reaction to other's emotions come from
- How does empathetic connection help
- 5 simple steps to support moving emotions

PRESENTERS

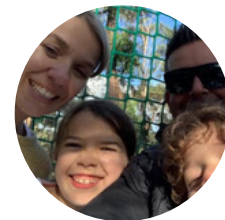


Micarlé Callea

Founder

Micarlé is a trained Executive Function & Tuning in to Kids Facilitator.

With 15 years in the education & now home educating her own, two young humans, Micarlé's passion lies in supporting parents to connect, understand and empower the young people in their care, and so The Perfectly Imperfect Crew was born.



Betty Banfield

Founder

Betty has been practicing as a child & teen counsellor for over 10 years. With Masters in Counselling & Bachelor in Psychology.

With two completely different children, both with different needs, Betty is passionate about understanding youth and how we connect. Teaching strategies to support connection between carers and child to better the direction, understanding and mental well-being for all.

*Want to work with us further?
All our offerings can be found on our website below.*



www.theprecelyimperfectcrew.com.au



@theprecelyimperfectcrew.

social media coming soon