



COVID-19

CHILLED AND CONSIDERATE BOOTCAMP

SUPPORTING SCHOOLS AND STUDENTS IN A PERIOD OF UNCERTAINTY

www.covid19chilledandconsiderate.com

Covid 19 Chilled and Considerate Parent Bootcamp

The Parent Bootcamp is a 1 hour session accessed online at a time that suits you. It has been designed by Dr Einstein to help you understand how to grasp your natural response to uncertainty, and turn it around for a better outcome. It will also provide a clear way to assess how others in your life; husbands, wives, children, respond to uncertainty and how their responses may differ from yours. Some students are worried about assignments and exams as we near the end of term. This course will provide practical strategies for you to understand what is happening in terms of thoughts and emotions and support them.

In order to help our children, we need to understand how we are rattled and what we can do about our anxious thoughts for ourselves. In the Parent Bootcamp you will learn to change a few habits that indicate less healthy ways of managing your worries. This course will help you to fine tune your skills and improve your parenting.

