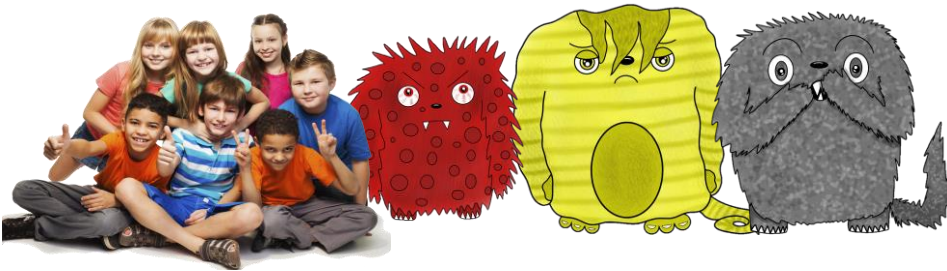


Natural Flair Coaching Presents...
***Mighty Monsters – Taming Those
Monster Feelings***
Workshops for kids



Our Incredible Kids Workshops are fun and interactive, focusing on areas such as self-esteem, building resilience, mental health, well-being, and emotional regulation enabling children to feel confident emotionally and express their feelings appropriately.

For children, monster feelings can get them into trouble, overwhelm them and stop them getting the best from life. This session with our qualified “Relax Kids” coach helps children to get to know their “monster feelings” so they can get back in control of them. It gives a variety of simple and effective techniques for relaxation, mindfulness and stress management, delivered in a creative and fun way.

Children can come alone, or with a parent if they prefer which means you can learn together!

2nd February 2019 Mighty Monsters, Taming Those Monster Feelings – suitable for School Years 2,3 and 4

Delivered by Relax Kids coach; Anne Newby, part of Natural Flair Coaching Team

When:

**Saturday 2nd
February 2019**

From:

9.45 am to 12noon

Price:

Ticket Price £24

***(our earlybird tickets
are now sold out)***

Where:

**The Emmaus
Centre**

Church Lane,

Bishops Stortford

CM23 4BE

To Book Contact:

**Natural Flair
Coaching Ltd**

01992 446 051

**admin@natural-
flair.com**

