



**Natural Flair Coaching Ltd**  
**In Partnership with**  
**ASPECTS Family Support Team**



## **Supporting Your Teen Through Exam Stress**

*A masterclass for parents and carers of  
children aged 11-18*

**This workshop will give you the tools needed to support your teenager through times of stress and to promote their wellbeing.**

**In this practical and inspiring session, we will look at stress triggers and how to maintain good emotional health during the run up to exams, including the latest research in neuroscience of the teen brain and how it is particularly vulnerable to stress.**

**Guest speaker Sharon Lawton – Award winning Parent Coach & resident TV expert**

**Date: Monday 4th March 2019**

**Time: 7pm –9pm**

**Price: £6.00 per person**



### **Venue:**

**Birchwood High School  
Parsonage lane**

**Bishop's Stortford**

**Hertfordshire**

**CM23 5BD**

**To book this popular workshop  
please contact:**

**Jo at Aspects on 01279 696842 or**

**Email: [admin@aspects.org.uk](mailto:admin@aspects.org.uk)**

Limited spaces available