## Jan Garwood - Parent Support Worker

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## Parent Workshops with Natural Flair - 21.4.11

Compass Extended Schools used the services of Natural Flair in 2010 and 2011.

The workshops, facilitated by Sharon Lawton and her team, have all been well attended. The facilitators are professional, knowledgeable, organised, welcoming, friendly and approachable. The parents, who have attended the workshops, have been particularly impressed with the presentation, up-to-date information and knowledge of the facilitators.

Parents leave the course with relevant and up-to-date information. They find it particularly helpful to have gained skills that have been practised at the workshop i.e. preparing ideas for rewards and sanctions - to take home and ready to use, when faced with predicable scenarios that are likely to be encounter with their teens.

The parents are given simple and workable tips such as:-

- making a homework timetable,
- suggestions on how to negotiate and prepare family rules,
- ways to involve their children in the choices they make,
- how to listen effectively.

Many parents commented on the latest facts, both negative and positive, regarding the use of the internet and how they can safeguard their children.

One parent in particular felt confident enough to challenge a shop about the sale of inappropriate clothing - the workshop having encouraged parents to be more aware of media influence on young people.

Several parents contacted me directly after the workshops to say that they had been able to put some of the ideas into practice already.

The facilitators were happy to answer questions during the session, talk to parents at the end of the session and willing to share the presentation slides, so that parents have a reminder of the session and are able to share ideas with others.

Natural Flair is able to provide a variety of workshops and courses covering all age ranges and a wide variety of topics.

The prices are comparable and the company provide good value for money.

The Natural Flair website is particularly useful - detailing the workshops and courses that are available, the content and objectives.

Natural Flair is always willing to discuss any specific requirements.

I would highly recommend anyone to commission the services of Natural Flair.

Regards

Jan Garwood

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