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See below for latest free workshops & courses. Email me NOW to secure your place... sharon.lawton@natural-flair.co.uk

New Free Parenting Courses & 1 to 1 Life and Anger Management Coaching Offer

Welcome to my latest issue of the Natural Flair Parenting e-newsletter giving details of my courses and workshops available during the **Spring term 2012** I am so pleased to advise that I have been able to secure funding to continue to offer you these courses free of charge. Please see below for full information of what is available next term. With the new financial year approaching these courses will be even more valuable to you. **Due to popular demand, I have 10 Parenting Puzzle courses available this term.** These courses are extremely popular and effective so don't delay in reserving your place.

Another new development for this term is that I am pleased to announce any parent or carer attending the 10 week Nurturing Programme can choose to take 6 credits that lead to Credit4Learning Accreditation at Level 1 or Level 2. **OCN Credit4Learning** is a national network of members and users that offers a high quality national accreditation service, and as far as we are aware Natural Flair are the only providers offering this opportunity to parents/carers currently in Hertfordshire. Contact me for more info.

In my coaching [e-newsletter](#) sent last term I gave details of my [facebook](#) page, this has proved to be very popular with you, and now over 100 parents are benefitting from **free coaching and parenting tips** from me via facebook, as well as enjoying feeding back on their progress and being the first to know when new courses and packages are launched. If you are a facebook fan, just "like" us at facebook.com/natural.flair.life.and.parent.coaching, and share the buzz of our on-line community. You can also follow me on [Twitter](#) and [Linked-In](#)

Last Summer I launched my **latest coaching package** aimed at kids and adults who have difficulties with [anger management](#). This has again proved to be really popular, with many of you booking coaching with me to continue in your personal development journey. This term I am pleased to advise that I can now offer **NLP coaching**. **NLP (Neuro Linguistic Programming)** is proved to amazingly effective in **changing unwanted behaviours and tackling phobias**. As with all my coaching, it is offered on a 1-1 basis in the comfort of your home or at a neutral venue if preferred, during the sessions I work with you to identify triggers to your behaviour and how to use new strategies to help to focus yourself in a positive more constructive way. I work with adults and children on issues such as **self esteem and confidence, goal setting, anger and conflict and relationship skills**. I also coach with families on issues that are getting in the way of living together harmoniously and also helping parents with boundary setting. [Coaching](#) on this issue is a great and invaluable investment of £75 per hour for face to face and £50 per hour for telephone coaching. I can also offer subscribers to my newsletter 6 face to face sessions for the price of 5. So **email me NOW** for more information and to arrange your **FREE** no obligation 20 minute telephone consultation which will enable you to discuss how these sessions can help give valuable life skills to you and your kids, and solve the problems that are getting in the way of how you want your life to be.



Finally, before you look at this term's workshops show below, visit my website www.natural-flair.co.uk to view a full range of free anger management resources and helpful on-line parenting videos via my link to www.parentchannel.uk and keep an eye out for my new look website coming very soon.

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So until next time - to quote Robert Fulgham *"Don't worry that your children never listen to you - worry that they are always watching you"* Have a look at the workshops below, and I hope to see you soon either on facebook or at one of my workshops. Take care until our next newsletter,

Sharon x