



Simplicity
Parenting
Inspiration
Education
Life

“Being at Your Best”

A Well-Being Workshop for Parents & Carers who wish to improve their own personal well-being and that of their children and families.

Parenting is one of the most challenging yet rewarding tasks in life. It can be compared to navigating a sailing boat through calm and sometimes stormy seas. In order for the boat to stay on course, without losing sight of the horizon, we need to nurture our personal well-being so we can help our children and families to flourish and thrive.

Children who thrive are more intrinsically motivated, more resilient, optimistic, less anxious, have good relationship skills and are more engaged at school.

This workshop educates parents on key principles of well-being to help them and their children thrive and flourish. It will equip parents with practical ideas, simple interventions and skills that can be easily applied.

It provides a 'navigation kit' for life which is underpinned by the evidence-based science of Positive Psychology and the Simplicity Parenting framework.

Facilitator, Susanne North is a Family Educator, a Positive Psychology Practitioner and Simplicity Parenting Family Coach with a passion for supporting families to be at their best.

This workshop is run over 2 x 1 hour sessions during the term. Individual consultations are also available. Topics include:

How to be at your best when your children are at their worst.

Discovering and Utilising Strengths that help us to become our best possible self.

Family Values and setting a moral compass The four pillars of Simplicity Parenting which will bring back harmony into our families.

The basic workings of our brains.

Emotional Coaching – Understanding Feelings.

Thoughts and Worries How to cultivate positive emotions and optimism.

Positive Thinking and Coping Strategies.

The Power of practicing Gratitude, Savouring, Memories

The Power of Meditation & Mindfulness.

Bookings: Call Susanne North on 0416 18 61 17