

Family Learning

Building Your Child's Self Esteem

Free Online Workshop



Workshop name:	Building Your Child's Self Esteem
Start date:	Monday 16th November 2020
Time:	12.30pm — 2pm
Course code:	6601C



Enrol by phone now on 020 8270 4722

This interactive workshop aims to give both parent and child a chance to stop and look at the good things about each other. It is easy to focus on the problems that need sorting out, but this course is about seeing and celebrating the good.

You will:

- Explore resilience, independent learning, creativity and adaptability, qualities your child needs for the world today
- Identify your child's strengths. Write these up in the 'tiny book' to give to your child.
- Be able to teach your child how to make a 'tiny book'
- Identify your own strengths that you bring to your relationship with your child



This course requires you to have access to the internet and a PC, Laptop, Tablet or Smart Phone