

# CONSCIOUS PARENTING

A LIVE WEBINAR FOR PARENTS AND CARERS OF  
SCHOOL AGED CHILDREN

CREATING A CULTURE OF MENTAL HEALTH  
AT HOME FOR ALL THE FAMILY

THURSDAY 25TH MAY 2023  
STARTS 7.30PM BST

**[CLICK HERE TO BOOK YOUR SPACE](#)**

## Speakers



**DR SHEFALI**  
Acclaimed Author,  
International Speaker,  
Clinical Psychologist



**GARY YOUNG**  
Mindfulness Teacher,  
Parent, Wellbeing Coach



**CLAIRE RYAN-HEATLEY**  
Trauma Specialist



**JO AITKEN**  
Children and Young  
People Development  
Manager at SAMH



The Mindful Enterprise CIC  
in collaboration with SAMH



# WHAT WILL BE COVERED?



## **Dr Shefali - Acclaimed Author, International Speaker, Clinical Psychologist**

The Parenting Map – The Ultimate Guide Every Child Should Have Been Born With

The 3 essential stages for conscious parenting:

- Getting into the Right Parenting Mindset
- Disrupting Old Patterns
- Building Conscious Connection with Your Kids



## **Claire Ryan-Heatley – Trauma Specialist**

Ready to stop reacting, regulate and respond!

- Fostering an awareness of how the last 3 years has increased our awareness of psychological trauma and its impact on our physical and mental health.
- Taking a trauma lens to understand behaviours, reactions and ways parents can support themselves in navigating tricky times.
- Finding balance of emotional highs and lows and coping strategies to reduce feelings of overwhelm



## **Jo Aitken – Children and Young People Development Manager at SAMH (Scottish Association for Mental Health)**

We All Have Mental Health

- Understanding that we all have mental health
- Recognising that it's hard being a young person
- Understanding the importance of looking after our own mental health and wellbeing, especially when supporting others.



## **Gary Young – Mindfulness Teacher, Parent, Wellbeing Coach, Young Persons Mentor**

The Transition From Head to Heart

- The role of mindfulness in supporting healing, providing agency and facilitating individual and collective progress.
- Navigating the path home to the body.
- Supporting our children through deep listening, coaching and empowerment.



The Mindful Enterprise CIC  
in collaboration with SAMH

