

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

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.