

Inspirational Solution-based Training

PARENTS

TEACHER

PUPILS

PRACTITIONERS

Lorraine Lee Training is an inspirational training provider offering workshops, seminars and lessons for parents, teachers and pupils. Sessions are interactive, dynamic and very engaging.

PARENT WORKSHOPS FOR PRE-SCHOOL AGE

- Understanding development for children 1-4 years old
- Managing anger frustration and tantrums
- Managing antisocial behaviour (eg. hitting and biting)
- Helping children overcome fears and anxieties
- Helping children manage the arrival of a new sibling
- Building positive social skills
- Encouraging positive behaviour
- Managing your emotions as a parent
- Getting ready to start school

PARENT WORKSHOPS FOR PRIMARY & SECONDARY AGE

GENERAL WORKSHOPS

These workshops are tailored to the specific age of children

- Helping your child do well at school and at home
- Managing anger and strong emotions
- Positive discipline (parts 1&2)
- Helping children manage their online life
- Helping children manage worry and anxiety
- Boosting confidence, resilience and self-esteem
- Creating a positive rhythm for homework
- Positively supporting revision and exams

PARENT WORKSHOPS FOR PRIMARY & SECONDARY AGE

AGE SPECIFIC WORKSHOPS

- Starting School
- Key skills for making primary school a success
- Managing primary school friendships
- Puberty and what to expect
- Creating a positive transition to secondary school
- Understanding adolescent boys development
- Understanding adolescent girls development
- Staying connected to your teenagers
- Helping adolescent children manage peer pressure
- Helping young people stay safe and manage risks

SPECIAL INTEREST WORKSHOPS

- Helping siblings respect each other and get along
- Understanding your child's temperament
- Laying foundations for positive mental health
- Helping young people understand and manage depression
- Overcoming peer pressure and negative body image
- Helping young people manage self-harming behaviour including eating disorders