



Flourishing and resilience, self-esteem for raising children

The Power of Self Esteem (SEE) October 24 & 25

9.00am to 6.30 at Quy Village Hall, Main Street, Stow-cum-Quy CB25 9AB

Parenthood, work, relationships, individuality, partnering...
the challenges involved can sometimes seem overwhelming!

Who is this course for?

- Parents & grandparents
- Parents to be (be prepared!)
- Childcare professionals, CPD accredited



What is it offering?

- ❖ To strengthen your emotional resilience
- ❖ To transform your aspirations into day to day reality
- ❖ To help you appreciate your qualities, your children's & family's
- ❖ To build on your love and relax into what you give
- ❖ To know who you are more deeply and securely

Weekend Course costs: £300 professional rate with CPD certification, £250 full fee, £185 if in pt time work, £125 if on benefits. Couples get a significant reduction. Costs can be spread.

Take this course on its own or with **GROW**, self esteem through the arts.

Growing Up Well (GROW): Oct 27, 28 & 29: 3 days of drama, creativity, thinking, feeling and fun for parents & children. 10.00 – 4.30

Suitable for 7-9 yrs and 10-12yrs with a parent who has taken SEE

Costs: for all 3 days; 1 parent and child £180.00 £10 per day extra child.
Low wage or benefits £75, 1 parent & child. £5 per day extra child. For two caregivers ask prices. **Reduced costs for taking both courses together.**

Venue: as above. Strong support team for both courses.

For more details talk to Zoë Grace Cozens on 01379 851959 or 07813035763 or check the website leapfrogtraining.co.uk to download a brochure or a registration form. Or email on zg@zoegraceunlimited.com