

SARA WESTBROOK



5 PRINCIPLES OF EMOTIONALLY SKILLED CHILDREN

AN ADULTS ONLY PRESENTATION

Our children's emotional well-being can affect their performance at school, their relationships and their physical and mental health. Emotions can be hard to identify, even harder to move through, and hardest of all... talking about them.

In this presentation you will learn 5 principles to help develop emotional well-being, confidence, and resilience in your children.

These 5 principles will set them up to communicate well, develop strong relationships, face challenging times, relate to others more easily, and have greater self-awareness.

TUESDAY MAY 15TH
ST. GABRIEL CES
6:30 PM – 7:30 PM

FOR MORE INFORMATION ABOUT
SARA WESTBROOK PLEASE VISIT

WWW.SARAWESTBROOK.COM



AS SEEN ON

