

Less nagging, more connection

A 90-minute, online and practical workshop for parents who want to have a different type of conversation with their child



TIME
18:00 - 19:30



DATE
TUESDAY 7 JULY



LOCATION
ONLINE



£15 PER FAMILY

Do you ever feel like you're repeating yourself, solving the same problems again and again, or struggling to get your child to open up?

This workshop introduces a calmer, more effective way to communicate, coaching.

Coaching helps young people of all ages think for themselves, build confidence, take responsibility and find their own solutions. It's not about nagging, fixing or persuading.

It's about asking better questions, listening deeply and creating conversations that strengthen trust and connection.

In this session, you'll learn:

- How coaching differs from advising or rescuing
- Why children engage more when they feel heard
- Simple coaching questions that build confidence and resilience
- Ways to reduce conflict and increase cooperation
- How to support your child through challenges without taking over
- Practical tools you can start using straight away

By the end, you will:

- Feel more confident in your conversations
- Have a toolkit of easy coaching techniques
- Know how to encourage problem solving and independence
- Experience fewer battles and more connection
- Be able to nurture resilience and self belief at home

Why join us?

Because every conversation shapes how a child sees themselves and the world. This workshop isn't about being a perfect parent, it's about learning simple, powerful skills that make everyday interactions easier, calmer and more meaningful.

If your child is navigating confidence wobbles, friendship issues, school pressures or growing independence, coaching can help you support them with clarity and compassion. Join us and discover how less nagging can lead to more connection, more confidence and more positive outcomes for the whole family.

To join us, please register your interest by emailing bex.howe@howetoconsultancy.co.uk.

BEX HOWE, FOUNDER OF HOWETO CONSULTANCY



FACILITATOR

Bex Howe

- Award winning trainer and coach
- Experienced education specialist
- Published author



**THIS PROGRAMME IS PART OF
THE ROOTS, LEAVES & WINGS
DEVELOPMENT PROGRAMME**