



# Family Life Savers!

## Self Esteem and Life Skills

**A course for parents  
to use with their children**

- Want to learn about self esteem, what damages it and effective ways to boost it?
- Would life be easier knowing more about how children think, what motivates them and how to keep one step ahead?
- Do you feel the need to become confident in your expectations and find out how well equipped you are to help your child achieve them?
- Do you want to be able to improve, maintain or re-establish communication with your child?
- Would it help to know and understand yourself a little better so you feel more able to trust your instinct?

If you sometimes – unsurprisingly – feel a little overwhelmed by the challenges of being a 21st century parent; this course is **especially designed for you.**



### LESSONS ALIVE

Parenting from a Different Direction

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**For more information, visit:**

**[www.LessonsAlive.com](http://www.LessonsAlive.com)**

Design & Print: [www.dc-graphics.co.uk](http://www.dc-graphics.co.uk)

### Week 1:

#### It's not what you say, it's the reason you say it...

Communicating effectively with your child – and how we can so easily self sabotage.

### Week 2:

#### Personal Management and the misuse of energy.

Ways to become more energy efficient in self to encourage independence in your child.

### Week 3:

#### Repetition is food for the soul – or is it?

Habits – the good, the bad, the ugly – how to deal with your own and what to teach your children about theirs.

### Week 4:

#### “Why should I?”

...or how to deal with idleness and ‘attitude’ and why you might have to through no fault of your own.

### Week 5:

#### I am what I am – aren't I?

Getting a healthy self view – new perspectives, a fresh approach.

### Week 6:

#### Anger – just one letter away from DANGER.

Examine causes, reasons and management of the emotion so you can explain consequences more clearly to your children.

### Week 7:

#### The Magical, Mystery Session –

What is a human and what is it for? When we answer this at a deeper level, you will delight in knowing you have a criteria that can help you safely manage yourself, your life and the leadership of your children just that little bit better.

This course can be delivered weekly or as a two day intensive for schools and organisations.  
Parent Consultation, Teaching and Mentoring Services available by arrangement.

Drawing on a wealth of teaching experience and including original research with exercises in human and personal development, these workshops, designed by teaching specialist,



**Gail Hugman** (Cert.Ed.T.Dip.M), will not only teach you new skills, knowledge and perceptions, but will lead you to a better place in yourself from where you can draw the strength and the confidence to be the parent you want to be.

#### And... don't just take Gail's word for it. Here's what some parents have already had to say about her Workshops:



An excellent foundation for bringing out the best in individual parents and using those combined resources and experiences in a sharing and caring environment.

*Ben A., Sheen.*

Wonderful and brilliant – let me know when and where the next one is!!

*Ana M., Enfield.*

There is a strong demand for this kind of work in the world. Children and their parents need it and I would be most grateful to receive training in Lessons Alive!

*Petra, Hertfordshire.*

Thank you for a very encouraging and inspiring session!

*Sophie J., Amersham.*

Your passion for what you do and the effect on the children is your biggest attribute and is so infectious. I thoroughly enjoyed it and got a lot out of it. I went home and looked at the boys differently. I think it has made a difference – hopefully!

*Sian T., Buckinghamshire.*

