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### **Parent Talks, Workshops, and Webinars**

*I am a well-established and accomplished speaker on parenting. I have been used as a high profile speaker to launch parenting programmes at several schools. In the vast majority of schools I am asked back year-on-year – or booked for a series of parenting events. **This list is a starting point, I often provide bespoke talks after discussion with the school.***

*Parents leave my talks feeling:*

- *Informed, inspired, and empowered to act.*
- *That they really get the psychology, the science, and educational aspects applied with humour to the daily realities of family life.*

*Teachers leave my talks feeling:*

- *Supported and inspired – there’s a common language they can use with the parents*
- *That some of the hard-hitting / difficult messages the school would like to say to parents have been delivered in a digestible way, backed up by the research*

### **Friendships, Relationships and Sex Education**

***Supporting your growing child – focusing on the changing parent – child relationship*** in the early teenage years. Suitable for Year 7 and Year 8 welcome talks – but suitable for any parent from Years 5 – Year 9.

***Supporting our children in their growing relationships...*** Can be shaped to cover early to mid-teenage years – or for KS2 parents in anticipating transition to Senior School and in anticipation of adolescence

***Supporting your child through tough times with peers.*** The signs and signals of toxic relationships, bad group dynamics – and how to help your child evaluate and work through difficulties.

***Supporting children with social anxiety.*** Suitable for parents of Junior School children –and can be adapted for parents of teens.

***Talking about sex and sexuality with your growing child.*** Moving on from “The” Birds and Bees talk of yesteryear to an ongoing dialogue which underpins values in intimate relationships. A changing area for parents in the modern age. (Suitable for parents of all ages – from Year 4+ - can be used to complement the new framework for RSE)

Parent talks and workshops. Emma Gleadhill: Speaker, Trainer, Coach.

***Holding the child's needs in mind when times get tough in family life.*** Helping young children and teenagers understand and work through family conflict, trauma, illness, separation, divorce, and re-forming families both in the build-up and aftermath.

## **Wellbeing – promoting mental health in family life.**

***Resilient Parenting.*** What does it mean to be a resilient person? What does it mean to be a resilient parent? How can parents support their children in developing resilience?

***Parenting in anxious times. Helping our children work with and through anxiety:*** for parents who would like to explore how they can support their child at times of stress or when worries occur. Again – can be all purpose or bespoke to parents of children in EYFS, Key Stage 1 & 2, or secondary school age children.

***Sleep and play – two important signals and supports of wellbeing.*** An open, informal session to explore how parents can support rest and play and why these are important to healthy development and wellbeing. Especially helpful for parents of younger children - from reception to Year 7. An open, informal question and answer session for parents.

***Working on well-being at home.*** The parent role in helping young people learn to work through difficult feelings, build a sense of meaning, purpose and a robust sense of self.

***Positive Parenting at Sixth Form*** – Helping your sixth form son or daughter thrive. Understanding what underpins healthy development in late adolescence and fostering the habits of mind that will help your child flourish.

***The power of play in family life:*** what does quality play look like in the modern age? Why is it so important and yet so under-valued? The importance of opportunities for deep play to build focus. How play can work as a powerful influencer where conflict and anxiety are at stake.

## **Parenting skills**

***Coaching skills for parents:*** Renegotiating your relationship with your growing teen. Staying connected and adding value. Supporting your child in their values and decision making.

***Informed and mindful parenting – Empowering your child and supporting them to thrive through adolescence and beyond!*** Understanding how your parenting approach to problem solving and emotional situations can help or hinder healthy brain development.

***Supporting our children through exams:*** getting the balance right between nurture and challenge. Performance anxiety, the hallmarks of productive approaches to revision: what to encourage, what to watch for. How to help young people work through the pain barrier from being students to exam candidates.

## Parenting skills (Ctd)

**Supporting our children through transitions:** handling change and uncertainty in family life. Life changes – fears and fantasies of transformation, handling disappointment, working through challenge, mastering new cultures and group dynamics.

### **Tuning in to what our teenager isn't saying**

The era of independence – the subtle signs that our teens need our help. Anxiety masked by conflict, aggression or withdrawal. Looking at teenage behaviour and how the way our growing children show up in family life may be indicative of skills not learned or needs not met.

## Parenting in the Digital Age – a relational perspective

**Active online parenting. How to be present as parents for our children in the digital age.** Your values and vision. How parents can navigate fast changing waters with their child online. Promoting mindful and productive use of a powerful tool, managing the risks, and ensuring balance in the real and online lives of our children. (All ages)

**Traction in an age of distraction.** How to support discipline in the use of devices and work on the development and deepening of focus so that our children work and play effectively online and offline. (All ages).

## The Four Reminders of Parenting – a series of 4 sessions – or an all-day retreat.

For parents of Year 4, 5, 6.

- 1. Joy and Creativity.** Developing authentic happiness and optimism as a buffer against anxiety. Nurturing autonomy through valuing and defining creative play.
- 2. Relationships.** Handling comparison, conflict, and change. What to emphasise and what to avoid in the renegotiation of your relationship with your growing child. How to support them in handling change and conflict.
- 3. Calm and reflection.** Actively promoting mental hygiene in a distracted world. Fostering reflective responses to empower our children and strengthen the development of the pre-frontal cortex.
- 4. Work, focus, and boundaries.** Instilling healthy approaches to work, recognising and acting on signs of trouble. Working through disappointment and difficulty.

## Training methods:

- **Coaching:** unleashing the authentic parent, connecting observation with inner wisdom and challenging you to deeper reflection and informed action.
- **Neuroscience & positive psychology:** understand how the brain works, reduce self-sabotage, stop bad habits, move forward with insight and empowerment.
- **Somatics:** reconnect the mind and body and harness the power of emotional intelligence in your parenting approach.