



**Emma Gleadhill,  
Speaker, Trainer, Coach.**

**Relationships, Emotional Intelligence, Wellbeing & Child Development.**

### **Parenting Talks, Workshops, and Webinars for Corporate Clients.**

*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 client.***

*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.*

### **Relationships - Family**

***Supporting your growing child – focusing on the changing parent – child relationship.*** An overview of how to adapt parenting styles to stay connected and foster increasing independence, autonomy and self-esteem through the different developmental stages. *(Parenting and parenting roles from 0-18)*

***Thinking about the importance and value of fathers in caring for babies and young children.***

More than just a supporting act...Reflecting on values, balance & emotional team-work through the challenges of parenting under 3s.

***Tuning in to what your child 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 11+)*

***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. *(Parenting teens)*

***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. *(Parents of all ages)*

Contact [coachingandtraining@emmagleadhill.com](mailto:coachingandtraining@emmagleadhill.com) for more information.

***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.

***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. *(Parents of all ages)*

***Parenting under pressure.*** Effective ways of parenting through conflict and melt-downs with children and teens. How to handle provocative and defiant behaviour with more impact and less stress.

***The sandwich generation – caring for elderly parents whilst holding the needs of your children and family in mind...*** The kids are alright? They'd better be – keeping a balance and holding your needs, your children's needs and your parents' needs in balance as the challenges of old age develop. *Parents of children of all ages – who are also caring for or anticipating being the carer for one or more of their own parents.*

## **Friendships**

***Supporting our children in their growing relationships...*** Changing group dynamics around school transition and supporting your child in establishing healthy teen relationships. *(For parents of children aged 8+)*

***Supporting your child through the rollercoaster of teenage friendships and group dynamics.*** How to help your child evaluate and work through difficulties. *(For parents of children aged 11+)*

***Beyond a joke... Bullies, frenemies, and 'banter'.*** Empowering ways of supporting our children and teens when they encounter bad group dynamics. Recognising toxic friendships, dealing with toxic cultures among peers. *(All ages, but especially parents of teens)*

***Thinking about popularity.*** The power and the pitfalls of popularity in the early teens. Valuing and building likeability – as opposed to status-driven popularity.

***Finding belonging.*** Supporting children and young adults who are shy or anxious about peer group life. *(Parents of all ages)*

## **Parenting & anxiety**

***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. *Adaptable- can work as a general talk covering all ages or focused on specific groups – for parents of children aged 0-8, 8-13, 14-18.*

***Supporting our children through exams:*** getting the balance right between nurture and challenge. Performance anxiety, a healthy work ethic: what to encourage, what to watch for. *Works well when focused on the 2 main age groups separately:*

Corporate parenting talks and workshops. Emma Gleadhill: Speaker, Trainer, Coach. Copyright – June 2020

Contact [coachingandtraining@emmagleadhill.com](mailto:coachingandtraining@emmagleadhill.com) for more information.

- *anxiety around SATs or 11+ exams (8-12 year olds)*
- *anxiety around GCSE or A Level (14-18 year olds)*

## **Positive approaches to mental health and wellbeing at home**

***Working on well-being at home. Handling difficult feelings and building a strong sense of self.***

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. *(All ages)*

***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.

*Can be delivered to parents of all ages 0-18 – but effective when targeted at the needs of parents of different age groups 0-10 and 11-18.*

***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. *(Parents of 11+)*

***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? *(All ages)*

***Positive Psychology for Parents*** – 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 through their A Levels and beyond. *(Parents of teens 15+)*

## **Talking to our children about sex and sexuality**

***The birds and the bees, and boundaries.*** Starting off well, starting young – become the confident go-to resource for understanding bodies, boundaries and staying safe. How to talk about sex and sexuality with young children from 0-8

***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. How to talk about sex and sexuality with children 8+

***Courageous conversations – instilling healthy approaches to sex and sexuality and strong values. What is it we want for our children in their future relationships?*** The influence of pornography, intimacy and enjoyment, understanding the difference between active consent and the dangers of assumed consent.

## **Parenting in the Digital Age**

***Active online parenting. How to be present as parents for our children in the digital age.*** Your values and vision. Safeguarding your child online by staying connected. How parents can navigate

Contact [coachingandtraining@emmagleadhill.com](mailto:coachingandtraining@emmagleadhill.com) for more information.

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.

***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).

*For parents of children aged 0-8, For parents of children aged 10+*

