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Parent talks for Schools and Corporate Parenting Groups.

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 and in corporate wellbeing initiatives. In the vast majority of schools and businesses I work with, I am asked back year-on-year – or booked for a series of parenting events.

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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

Popular topics by theme:

1. Wellbeing – promoting mental health in family life.

Self-compassion and self-care for parents managing and re-framing parental guilt.

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*: practical tools to down-regulate from anxious states.* 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 bespoked 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 children throughout the age range.

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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.

The flight-path to independence. Why developing our children's agency and autonomy is so important. How to foster independence and self-drive as our children grow and develop through times of change and challenge.

Staying connected - 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. How a playful relationship with our children as they grow can help sustain attachment bonds.

2. Parenting in the Digital Age – a relational, safeguarding, and health and safety 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).

What parents are saying:

I wanted to write to you to say thank you very much for the work you do. I have twin daughters in YR7 and feel I'm at the start of a new phase and feel underprepared. I found your presentation extremely useful, both thought provoking, and practical.

There was a lot of content - impact every minute! – So glad it was recorded and to be able to watch it back…Thanks again for your insight – most helpful!

Thank you for a great training session Emma. I have come away with lots of think about and try out. Excellent talk thank you 👍

I found your talk fascinating- you gave so many practical solutions for difficult situations. I felt truly inspired!

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3. Relationships, puberty, adolescence

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.

Supporting our children through puberty. Inform, equip, and empower them to handle this time of transition and confusion with confidence. Be their first resource.

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)

4. Supporting our children series

Listening and 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.

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 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.

Supporting our children – freedom, limit-setting, and boundaries – Understanding how to make boundaries work, strategies for pressing the re-set button on bad habits at home, avoiding playing 'fact tennis' and being locked in conflict-loops with your tween and teen as they hone their