

PARENT WORKSHOPS

Secondary School

Lorraine Lee Training is an inspirational training provider offering workshops, seminars and lessons for parents, teachers and pupils. Sessions are relaxed, informative and very engaging.

- Understanding adolescent brain development
- Helping young people to maintain positive mental health
- Boosting confidence and building resilience
- Helping young people manage anger and frustration
- Strategies to help young people regulate behaviour
- Helping young people stay safe online
- Helping young people manage worry and prevent anxiety
- Creating a positive routine for homework
- Helping young people revise and prepare for exams
- Developing the skills for school success
- Effective communication with adolescent children
- Helping children transition into year 7
- Supporting students involved in competitive sport