

PARENT WORKSHOPS

Primary & secondary age

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

These workshops are tailored to the specific age of the children.

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| ● Helping children do well in school and home | ● Key skills for making secondary school a success |
| ● Managing anger and strong emotions | ● Managing primary school friendships |
| ● Supporting positive behaviour | ● Managing secondary school friendships |
| ● Helping children manage time online | ● Helping siblings to get along |
| ● Helping children manage worry and anxiety | ● Creating a positive transition to secondary school |
| ● Boosting confidence, resilience and self-esteem | ● Understanding adolescent development |
| ● Creating a positive routine for homework | ● Staying connected to teenagers |
| ● Creating effective morning and bedtime routines | ● Helping children manage peer pressure |
| ● Supporting revision and preparing for exams | ● Helping young people stay safe and manage risks |
| ● Starting school for the first time | ● Understanding your child's temperament |
| ● Key skills for making primary school a success | ● Laying foundations for positive mental health |