

EMPLOYERS

Workshops for working parents

Bespoke parenting sessions for the working parents on your team, shaped around the working day, live online or face to face, often over lunch.

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.

- Spinning the plates – prioritising what needs to be done
- Starting the day in the best possible way
- Managing tiredness and tension
- Helping parents manage their emotions
- Helping children manage their temper
- Spending time effectively (meeting your child's emotional needs)
- Dropping children at preschool or childcare
- Parenting primary school children
- Parenting pre-teens and teenagers
- Laying the foundations for positive behaviour