

*Julie*  
GREATWOOD



# PARENTING

COURSES & WORKSHOPS

**Antenatal, Parenting & Life Coach**

# Julie

GREATWOOD

Hi,

*Thank you for clicking through to learn more about my parenting coaching courses, workshops and one to one parent coaching.*

*I have two children and while I am certainly not a parenting expert, I have learned to be an imperfect parent whose children know they are worthy and good enough in our culture of never enough and I would like to share this knowledge through my parenting coaching courses, workshops and one to one parenting coaching .*

*Parenting can sometimes be challenging and most parents could do with a little support to be good enough parents in this ever changing world*

*My parenting courses and workshops cover a wide range of topics geared around parents requirements*

*I keep my courses and workshops small with a maximum of 4-6 couples as this then allows each parent to get the individual attention that they need*

*Please do not hesitate to get in touch or book a free 30 session it may be one of the best things you do for yourself or your children*

Julie



Contact me or book a Free 30 for more details  
julie.greatwood@gmail.com  
(+44) 7884 - 428567

Cookham, Maidenhead, Berkshire



## COURSE DETAILS

**My Parenting Coaching Courses** are flexible and based on what topics the participants on each course would like to cover. In each course we may explore the following and more

- communication within family life
- How to build our connections with our children
- How to build cooperation within the family unit
- Building confident and resilient children
- Setting and understanding the security of boundaries for children
- Managing screen time
- Working towards good behaviours and dealing with not so good behaviour
- Balance within family life
- The importance of looking after you in family life

**My Parenting Workshops** are one of sessions that really explore a particular topic in detail. The next few workshops are on the following topics

- Building strong connections within family life
- Raising the Confident and Resilient Child
- Cooperation within Family Life
- The Transition to being a mum

These courses and workshops are based on coaching principles, so, will put you in the center of your family life as the expert. They will guide you to make changes to ensure that your family life is how you want it to be.

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## ONE TO ONE PARENTING COACHING

As a qualified Parenting Coach I support you in tackling the challenges you face as a parent in confidential One to One sessions.

You are the expert in you and your family life and I paddle next to you, guiding you to find a way that works for you and your children. I support and guide you to the calmer waters of parenting

These parenting sessions are individually tailored to you as a parent, mum, or dad and are private One to Ones in person, over the phone or via zoom, skype or another platform that suits you.

I work with parents from all areas including overseas.

If you are interested in One to One coaching please contact me or book a free 30

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