



Natural Flair Coaching Ltd
In Partnership with
ASPECTS Family Support Team



REDUCING STRESS IN YOUR TEEN

**A Three Hour Masterclass Understanding Teen Behaviour and
The Developing Brain**



**This workshop will give you the tools
needed to support your teenager with
stress and wellbeing.
In this fun and inspiring session, we will
Cover areas relevant to
parenting a teenager
including the latest in neuroscience and
development of the teen brain and how the
teen brain is vulnerable to stress.**

Venue: The Emmaus Centre,
Chruch Lane, Thorley,
Bishop's Stortford,
CM23 4BE

Date: Saturday 25th April 2020

Time: 9.30am – 12.30pm

Price: £10.00 per person

Subsidised by ASPECTS



**Spaces are limited, therefore early
booking is advised!**

**To request a booking form please
contact Jo at Aspects on
01279 758134 or
email admin@aspects.org.uk**

**Our Partnership with Sharon Lawton at
Natural Flair offers specialist workshops for
parents who want practical, no-nonsense
solutions and strategies for family life. All
workshops are
delivered by Sharon Lawton, an award-
winning coach and resident family expert
for Sky TV's The Chrissy B Show.**