

NEW LEAF EDUCATION
CONSULTING AND COACHING

FOUNDATIONS

PARENT PROGRAMME



Welcome

*Introductory
offer
200BHD*

HOW THE PROGRAMME WORKS

This online 8-week course is designed to help you enhance your wellbeing and build knowledge and confidence in the early years of your child's life. Through a combination of educational workshops, practical strategies, and personalised coaching, you will gain valuable insights and tools to foster a positive and nurturing environment for your children

GROUP WORKSHOPS



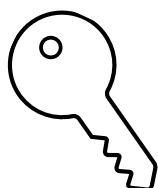
1. Group coaching - Introduction
2. Understanding Child Development
3. Building Relationships
4. Parental Wellbeing
5. Positive Discipline & Behaviour Management
6. Fostering Independence & Resilience
7. Creating a Supportive Home Environment
8. Group Coaching - Reflection & Planning for the Future

INDIVIDUAL COACHING



- ◆ 3 x 1-hour personalised coaching sessions
- ◆ Scheduled at a time convenient for you
- ◆ Set personal goals, achievable action plans & practical strategies for your family.

ALSO INCLUDES:



- ✓ Private Facebook community support
- ✓ WhatsApp support in-between calls
- ✓ Simple, actionable homework tasks for each module

How it works

DISCOVERY CALL / MESSAGE

Get in touch to ask me any questions you might have about the programme, including start dates, format etc, to find out if it's right for you.

SEND YOUR PAYMENT

I will send you BenefitPay details if you're in Bahrain, or International Transfer information outside of Bahrain, to settle your payment.

ADDED TO THE COHORT

Once your payment is confirmed, I will add you to the Facebook Community Group and email list.

FIRST CALL

Once you are onboarded, we will have our first group coaching call on the specified date. See the Workshop Details on the following pages for more information about the modules.

HOMEWORK

On each call, you will be provided with action points and homework to help you make progress in between calls.



Workshop Details

Introduction

- Welcome and course overview
- Introduction and establishing supportive community
- Self-assessment – strengths and areas for growth

Understanding Child Development

- Overview of early childhood development stages.
- Age-appropriate expectations and activities.
- How to support and respond to developmental needs.

Building Relationships

- The science of attachment and bonding
- Strategies to enhance parent-child relationships
- Effective communication and exploration of activities
- The importance of trust, safety and silliness.

Parental Wellbeing

- The importance of self-care and self-awareness
- Strategies to manage stress and build resilience to pressures.
- Self-care routines and relaxation techniques.



Workshop Details

Positive Discipline & Behaviour Management

- Positive behaviour management strategies
- Explore challenging behaviour and its roots
- Consistency and setting boundaries

Fostering Independence & Resilience

- Encouraging independence and problem solving skills in children.
- Build resilience and coping strategies
- Encourage self-help and decision-making skills

Creating the Home Environment

- Incorporating routines and structures
- Setting up learning and play spaces
- Balancing work and family life

Reflecting & Planning for the Future

- Personal reflection and goal setting
- Create action plan for continued development
- Feedback and celebration of achievements

