



**Warboys Primary**  
Academy

A proud member of



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Monday 9<sup>th</sup> November 2020

Dear Parents/Carers,

NPL4Kids would like to offer parents the opportunity to join a new 'Find Your Parenting Superpower Workshop'. Please see this link for further information - [Find Your Parenting Superpower Workshop](#)

The Online Workshop will be held over three days (20 Nov - 22 Nov), with a Pre-Workshop session on Thursday, 19th November. There will also be a Bonus Session on Monday, 23rd November.

This will all be hosted within a Private and Secret Facebook Group Page at 7pm each day lasting an hour and will be free for all at Warboys Primary Academy to join :-)

**Here's a taster of what you can expect from this new Workshop:**

- Learn the Key Skills to help banish your child's anxieties.
- See how you can easily create emotional strength in your child.
- How you can quickly become calmly confident in those difficult situations... you know the ones!
- Effortlessly create a relaxed and happy family atmosphere once again.
- Short and long-term solutions for how you can learn the right techniques to help your child break free from unnecessary anxiety.
- Rapidly deal with breakdowns effortlessly whether in the home or in public.
- Quickly talk to your child in a way that they instantly understand you.
- Join a community of like-minded parents so that you will always know you are not alone...❤️
- And, as a special bonus, you'll also discover your Parenting Superpower that will KAPOW!! your child's anxieties into space...!
- ... and much, MUCH More!

**Day #1: Find Your Parenting Superpower and how to use it (20th November - Friday)**

Have you ever wondered why some parents seem to just breeze by and make it all look, well, effortless? It is likely that they have found their own personal Parenting Superpower.

In this training, I will walk you through discovering your Parenting Superpower. By the end of this Day 1 training you will be able to reveal your superpower, and truly understand what makes your parenting style unique.

**Day #2: Dealing with Your Inner Critic so that you no longer doubt yourself and totally believe in your actions (21st November - Saturday)**

We all have an inner critic that can...well...be kind of destructive to you most days.

p.t.o



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So, if you would love a short-cut for dealing with that inner critic and minimising the damaging effects it can have on your self-esteem, confidence and motivation, then join this Day 2 training.

**Day #3: Create Your Self Mandala and find out what a real gift you really have (22nd November - Sunday)**

This training is aimed at further **exciting you about yourself** and, through your example, at exciting those around you.

I want you to be interested in learning more about how your various parts (physicality, emotions, thoughts, etc.) work, and discover what a real amazing human being you are!

**And that's not all folks.....!! 😊 Other Bonuses included:**

- Access to the Private Pop-Up Training Facebook Group for Support and Accountability
- Lifetime Access to all the Training Recordings
- Worksheets and Directions for all techniques used in the trainings

**Lastly, a Bonus Training (23rd November - Monday)**

- How to effortlessly deal with meltdowns - in public and at home
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To be a part of this Free Workshop starting Thursday, 19<sup>th</sup> November at 7pm please click on the link ([Find Your Parenting Superpower Workshop](#))

Kind regards,

Becky Ford  
Headteacher