



Secure, Healthy, Independent, Nurtured and Empowered!

Are your children struggling with BIG feelings?

**We introduce mindfulness and help make
BIG feelings child size!**

- ♥ Anxiety, worries and fears
- ♥ Anger and difficulty managing behaviour
- ♥ Low confidence and self-esteem
- ♥ Friendship difficulties
- ♥ ASD, ADHD and Sensory Issues
- ♥ Rigid mindset, negative thought patterns and more...

**Supporting children aged 3-11 to become a Feelings Detective
with you as their Emotional Coach!**

Secure your place on one of our upcoming courses online.
Get in touch to book your FREE Initial Consultation today!

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