



Good communication is key to healthy connections between you and your children, making it easier to guide, teach, understand, support and even discipline. Breakdown in communication can leave parents feeling frustrated, desperate and hopeless, or worried about deteriorating relationships.

But it's never too late to make real changes, and very often small changes can have a big impact.

In this evening presentation Clinical Psychologist David Coleman will guide us through the fundamentals of effective communication, translating psychological theories into common sense advice on how we can best respond to our children, and offering practical guidance for time-strapped, exhausted and stressed parents on how to raise resilient and emotionally intelligent children.

You may be familiar with David's straightforward, no-jargon approach through his television programmes, books, columns in the Irish Independent or regular contributions to 'Today with Sean O'Rourke' on RTE Radio 1. A parent himself David is open and honest about his own struggles as a parent and how from time to time he fails to 'take his own advice'. His warm, empathic and often humorous approach to the challenging job of parenting is one of the many reasons he is so well received.

David will address:

- Making parenting work when you work outside the home
- How to raise resilient and emotionally intelligent children
- Communicating through conflict / setting boundaries,
- The importance of listening to understand
- Helping children understand and regulate emotions
- Supporting a child / teen with anxiety

TICKETS AVAILABLE:

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