

EMOTIONAL LOGIC PARENT INTRODUCTION

Do you want to:

- Know how to help your children build their inner strength to adapt to the changes and challenges in life?
- Explore new ways for your family to communicate and talk about tricky emotional issues?
- Find new ways to deal with others when they feel angry, anxious or stuck?

If so, you are invited to attend a free 60 minute online session.

During the session you will be introduced to the Emotional Logic technique and shown how to use the resources to help yourself and others.

