

# 1-ON-1 PARENTING COURSES



Children behave and communicate in a variety of ways, which can be sometimes quite challenging! We offer courses to help you to better understand your child, and your own role as a parent, with the aim to improve behaviours, communication and relationships within the family. Our 1-on-1 courses are tailor made to address your specific needs! Based on a range of research based parenting programs, you will learn new strategies and approaches with the aim to create a more positive family environment with respectful, understanding and supportive relationships.

WE CAN ASSIST YOU IN THE FOLLOWING AREAS:

- MANAGING CHALLENGING BEHAVIOURS
- DEALING WITH CHALLENGING EMOTIONS
- AD/HD
- ANXIETY
- ANGER
- SELF ESTEEM
- CHANGE, LOSS & GRIEF

## THE COURSE

1 TELEPHONE CONSULTATION to assess your needs  
3 SESSIONS, 1.5 HOUR EACH (couples are welcome!)

## INVESTMENT

\$440

## BOOKINGS

Godelieve on 0425 256 989 or [info@goodfamilylife.com.au](mailto:info@goodfamilylife.com.au)



Godelieve Hofman-Verkuyl is an accredited and highly experienced Parent and Youth Coach with over 15 years experience, assisting families in creating respectful, understanding and supportive relationships between parent & child. [www.goodfamilylife.com](http://www.goodfamilylife.com)