



**elaine
halligan**

change your parenting story



Positive
Parenting
to support
your parents
and teachers



Why?

A Human Approach for Your Parents

Because when children are nurtured, they shine in school.

A child is not just a pupil but a budding adult with a unique personality. 12 years of experience and expertise in coaching parents and understanding their children has shown that we have to go further than the classroom to uncover the work that needs to be done.

For schools, it means appreciating the parental responsibility and that providing your parents with the right toolkit, reflects in the children that make up your school community.

Using a unique combination of practical topic based parenting talks and one-to-one coaching support, I am able to create a personalised plan for your school, and by supporting parents holistically, I can help increase confidence in both parents and children, building resilience and encouraging perseverance.

Happier homes equals healthier pupils and healthier schools, where everyone feels appreciated and supported.

My approach is designed to strengthen your school, by supporting your parents, and in turn the pupils, where they need it most, creating a tangible return on investment and creating authentic impact.



A topical talk given by the Parent Practice is now an annual fixture in the Hornsby House calendar.

Clearly and sensitively presented, the speakers always focus on the real and current concerns facing parents, offering practical tips and an opportunity to reflect on good, and not so good (!), practice. The Parent Practice speakers who have visited our school certainly know their subject and have always delivered their presentations in a relaxed and informal style showing great empathy with the audience, which is absolutely essential.

EDWARD REES
HORNSBY HOUSE, PROMOTING SIBLING HARMONY





I'm Elaine – a practical parenting coach with a personal touch.

An author, speaker, mentor and coach, I believe in promoting positive parenting practices to create happier, harmonious homes.

I believe in helping the whole child beyond the education system, encompassing the emotional and mental capabilities and helping with confidence. Happy homes equal successful schools because when children feel secure they can truly shine and be the best version of themselves - enabling them to thrive.

I have the experience and the expertise, the credibility and the kudos that you would expect, but what gets such great results in my work is actually how real I am and how parents can relate to me. It's not about teaching them but about leveling with them. Parents understand that I have personal experience of positive parenting and that I've practiced what I preach, which is priceless.

I work in a variety of ways, through parenting webinars, in person seminars, key notes, but ultimately, I create change, helping parents to escape the treadmill that can be the life of a modern parent – resulting in happier parents, more contented children and healthier cultures – in both school and the home.

I also offer teacher training days or twilight sessions to help teaching staff know how they can help raise children's self esteem and help their pupils develop emotional intelligence.

I would love to talk to you to transform your school parent partnership, support your teachers, and show you the power of my positive parenting approach and what we can achieve together.

elaine



Elaine is a warm and engaging speaker whose presentations deliver what they promise – for people to walk away with practical, positive ideas aimed at improving family relationships. And from a school point of view, she reinforces what any pro-active, wellbeing-focused school is doing by demonstrating the power of positive praise and the building of self-esteem. What a great presentation – we’ll be having you back again soon!

DAVID WILLIAMS
DEPUTY HEAD PUPIL DEVELOPMENT & WELLBEING, SURBITON HIGH



What's on offer from The Parent Practice?

For your parents, I offer 90-minute webinars or live events. Supporting your parents strengthens your pupils self worth, impacting behaviour and increasing resilience.

These webinars and workshops are tailored to the topics your parents need most, helping them to create harmony at home and ensure children feel secure, giving your parents support to enable their children to have the best start.

- Research shows that when schools and parents work together, children have better academic and social outcomes.
- Parenting is a very personal matter and getting support for parenting can sometimes be regarded as an admission of failure as a parent, but when a child's school endorses parenting programmes this puts it into the realm of ongoing education from which everyone benefits. When parents take part in parenting programmes in the familiar environment of the school they feel supported by the school community.

What are the results for pupils and parents?

- When parents get support with parenting tools their children benefit hugely.
- Children grow in confidence and resilience, are willing to try new things, persevere and do their best.
- Their social and communication skills improve.
- Often children's focus and general behaviour can improve as a result of parental input.
- All of these outcomes have obvious benefits for their learning in school, enabling teachers to better do the job they trained to do.



We found the evening to be very successful. The messages resonated with our parents, they found it entertaining and useful and they enjoyed the honesty and realism about the challenges of bringing out the best in their children. It was great to have a such a high turnout. I would be very interested in further collaborations next academic year – perhaps the best endorsement I can offer!

ALEX MATTHEWS
PASTORAL DEPUTY HEAD, ST PAUL'S JUNIORS



For your teachers...

I offer teacher training to help your teaching team to learn the skills to raise the self-esteem of your pupils. Dedicated workshops designed to demonstrate the power of self-esteem and teach techniques that your teachers can adopt to foster self-confidence, nurture independence and increase resilience. We help your teachers to help your pupils, increasing self-esteem and setting them up for success.

What are the results from teacher training sessions?

- When teachers get training and support in building self esteem amongst their pupils, it increases children's confidence, nurtures their independence, builds resilience and creates more robust attitudes to failure.
- Unwittingly teachers may contribute to poor self esteem making it less likely for pupils to forge a growth mindset to learning.
- By understanding how to develop both self esteem and improve emotional intelligence, teachers will find children respond more constructively to challenges and pick themselves up again after set backs.





Thank you, Elaine for a truly inspirational training session which reminded us of how descriptive praise can change a students' learning behaviour and raise their self-esteem, which at Holy Cross we feel is incredibly important for the child's well-being. After the training, staff unanimously agreed to develop elements of their interactions with the pupils and felt skills learnt were realistic to implement. We look forward to welcoming you back to our school again for more informative talks, not only for our staff, but for our parents too.

SARAH HAIR
HEADMISTRESS, HOLY CROSS PREP SCHOOL, KINGSTON, SURREY



Benefits of webinars vs in person events

Having recently run school workshops via webinar, the online platform is attracting more engagement due to

- providing parents with the flexibility to listen in the comfort of their own home, without the need to organise babysitters.
- the feeling of anonymity and therefore powerful Q and A sessions which benefit others and contribute to that sense of not being the only one having these issues.





Please accept my heartfelt thanks for conducting our Parent Practice workshops this past week. You were extremely energetic, flexible and very easy to work with. The feedback from the community has been overwhelmingly positive, and your workshops truly helped our community bond. Both parents and teachers were able to open up about some of the challenges they experience either at home or in the class. I think people no longer feel so alone.

STACEY BOBO
PRINCIPAL, LYFORD CAY INTERNATIONAL SCHOOL, BAHAMAS





Investment

How much is a parenting webinar or in person seminar?

Webinars are priced at £800 per 60-90 minutes. In person live events on application and to include travel time and costs. Also included is a comprehensive handout sent as a PDF.

Clients can choose their own platform to deliver a webinar, otherwise I use Zoom meetings to host up to 100 people. For an additional £48, I can increase to a 300 person meeting.

How does teacher training work?

I can deliver either live in person or via a webinar, a half day teacher training or a shorter twilight training. Events vary in price from £800 for a 90 minute webinar through to £1,600 for a live in person half day training.



I just wanted to thank you so very much for the talk you gave the Junior School parents last night. I have had so much lovely feedback today from parents and I even found one of the staff making a golden book for her class! She is planning to get the girls to jot down the descriptive praise comments they receive during the week and then she is going to read the comments out during golden time each week! The whole idea sits so well with our marble jars and learning habits.

Lots of parents said they were going to find ways to change the way they do things and they were so positive about trying out the ideas. I am also particularly grateful to you for making the talk so light hearted and giving everyone the freedom to acknowledge that we're not all living in perfect homes, doing perfect parenting and it's ok not to be able to manage it all perfectly!

JO NEWMAN, HEAD JUNIOR SCHOOL, NORTH COLLEGIATE SCHOOL



Schools I have worked with

Alleyns, Dulwich	Holy Cross, Wimbledon	Ravenscourt School, Chiswick
Belleville School, Battersea	Holy Cross, Parsons Green	Rokeby School, Kingston
Blackheath Preparatory, Blackheath	Holy Trinity School, Merton	Sacred Heart School, New Malden
Burbage School, Hackney	Holy Trinity, Wimbledon	Southbank, London
Bute House, London	Honeywell, Battersea	St Alban's High School for Girls, St Albans
Christ Church School, Chelsea	Hornsby House, Balham	St Catherine's Prep, Bramley
Coworth Flexlands, Surrey	Hurlingham School, Wandsworth	St Charles Boromeo, Surrey
Dulwich College Preparatory School	lbstock Place School,	St Michael's School, Southfields
Donhead Boys School, Wimbledon	Jessop School, Herne Hill	St Paul's Girls School, Barnes
Eagle House, Bracknell	Kew College, Kew	Surbiton High School
Eaton House School, Belgravia	Kensington Prep School, London	Swaffield Primary School, Wandsworth
Eaton Square School, Chelsea	Knightsbridge School, London	The Harrodian School, Richmond
Elstree School, Berkshire	Knowl Hill, Woking (teacher training)	The Hurlingham School, Putney
Emanuel School, Wandsworth	Lady Eleanor Hollis, Hampton	The Roche School, Wandsworth
Fairley House, London	Moss Lane School, Godalming	The Villa, Peckham
Farnborough Hill School, Surrey	Newton Prep School, London	The White House School, Clapham
Finton House School	Nonsuch School, Sutton	Thomas's Prep Schools (all)
Floreat, Wandsworth	Northcote Lodge Prep School, Wandsworth	Unicorn School, Richmond
Francis Holland, London	North London Collegiate School, Edgware	Ursuline Prep School, Merton
Fulham Prep School, Fulham	Notting Hill Prep School, Notting Hill	Vineyard School, Richmond
Garden House, Chelsea	Oatlands Primary, Embridge Borough	Westminster Under School, Westminster
Glendower Prep School, London	Pelham Primary, Merton	Wetherby Prep School
Hawkesdown Prep School, London	Pembridge Hall School, Westminster	Wimbledon High School, Wimbledon
Heathside School, Surrey	Prospect House School, Putney	Wimbledon Chase Primary School, Wimbledon
Henrietta Barnett School, London	Queens College, Westminster	

Range of webinars / seminars

- Bringing out the best in your children: raising competent, confident and contented children
- How to develop your child's emotional intelligence
- What to do when your kids press your buttons and how to stay calm
- Working from home with the kids - how to survive and thrive
- Making Home Schooling Happier: Increasing motivation and reducing stress
- Fostering harmony between siblings
- Navigating anxiety
- Screen Time Sanity
- Difficult or Different
- Girls and Friendships
- Girls and the Power of Words
- Raising Boys - Understanding boy world and helping boys thrive in it
- Raising Boys - Handling physicality, cooperation and discipline

FAQ

WHO PAYS FOR THE EVENT - THE SCHOOL OR THE PARENTS?

This varies hugely depending on school culture and parent profile. Some schools fund the costs themselves, others ask the PTA to fund and some charge their parents. However we do ask for a 50% deposit to secure the booking.

WHAT TYPE OF SCHOOLS DO YOU PRESENT TO

My clients range from state to private schools, with live events mostly in London and the home counties, but I have gone as far afield as the Bahamas, to deliver parent sessions and teacher training over the course of the week. With many schools delivering virtual on line events, geography is not a limiting factor.

CAN I SEE/ HEAR YOU SPEAKING?

You can see my speaker show reel on my

website www.elainehalligan.com and you can view my Ted x talk here [Neurodiversity is a super power not a problem | Elaine Halligan | TEDxBonnSquare - YouTube](#)

GREAT, WHAT'S NEXT

If you know this is something you want for your school, get in touch by emailing me at [**Elaine@theparentpractice.com**](mailto:Elaine@theparentpractice.com). We can decide on the topic, fix a date and I can send you some blurb to help promote the event to your parents.

Otherwise let's have a conversation about which of my offerings might be most suited for where your school is at.

Everything is addressed with a pragmatic approach and a human touch, treating the personal situation and creating solutions that impact not only the parents and pupils, but also the teachers.

Because when children are nurtured, they shine at school.

Food for thought – all behaviour has a cause

“When you plant lettuce, if it does not grow well, you don’t blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce.”

THICH NHAT HANH, BUDDHIST MONK

