

Parenting Workshops

2 day Workshop for PIPS Parents by Cora Ha



Parenting to Tame Tantrums and More...

Session 1:

Understand the importance of connectedness for your child's overall development.

Transition from tantrums to training.

Help you and your child find adaptive solutions for life and learning.



Session 2:

Explore ways to love with appropriate limits.

Learn about and practise techniques for mindful parenting leading to short, medium and long term gains.

Venue: PIPS Music Room

Time: 8:45am – 9:45am

Dates: Session 1: 16th October 2017
Session 2: 23rd October 2017

Cost: \$250 per session

Register Now



Connected
Adaptive
Loving
Mindful



Cora Ha

Family Coach and Educator

Cora is passionate about walking with others on the parenting and family journey. A pioneer in marriage, parent, child, family and relational wellness coaching, Cora is a firm believer in laying down a firm foundation based on core values. Prior to and in conjunction with coaching (hundreds of individuals, couples and families), she has taught over two decades at international schools in Hong Kong, from toddlers in preschool to young adults in high school allowing her to gain rich experience with families from multi-cultural backgrounds and children from a wide range of age groups. Cora holds two degrees from the University of British Columbia and is a Professional Board Certified Life Coach.

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(Please return the **reply slip and payment by cheque or cash** to the school office by **Wednesday, 11th**

October 2017 Please make cheque payable to "Family Foundations Ltd". Should you have any questions, please feel free to contact us at 2812 6801 or Cora at cora@cora.hk 97712682

www.coraha.com

Child's Name: _____

Class: _____

Parent's name: _____

Date: _____

Phone: _____

Email: _____

I would like to join (Please put a tick in the box)

Session 1 (\$250) Session 2 (\$250)

Total: _____ person/people x \$ _____ = \$ _____