

# Live Master Class

## TEN TO ZEN

10 tips, tools and techniques to support our little humans with their big emotions.

- ★ Build up new tools for your parenting toolkit!
- ★ Effective and simple techniques to calm during meltdowns and tantrums
- ★ How to build Emotional Intelligence and confidence
- ★ When and how to use your new tools
- ★ Q&A plus BONUS downloads

Thursday 26 November

@ 7:30pm via Zoom

Cost: \$25



A Mindful Start

REGISTER ONLINE

[www.amindfulstart.com/ten-to-zen](http://www.amindfulstart.com/ten-to-zen)

