

PARENT & CARER TRAINING COURSE



The Empowerment Approach[®]

- Are you looking for ways to help your child build the skills to thrive at home and at school?
- Do you want to better understand what is behind their struggles?
- Would you benefit from a clear structure and practical tools to support them in day-to-day life?
- Do you want to help to empower them to understand how their brain works and communicate their needs effectively?



JOIN OUR ONLINE 'BRAIN NEEDS' COURSE

The first in a series of training courses designed for parents and carers, our evidence-based approach will equip you with the knowledge, skills and practical resources to help your child understand their brain and learn ways to feel great and do well in life.

Course includes:

- ✓ Two-hour live online introductory webinar
- ✓ A set of physical resources to use with your child
- ✓ Comprehensive online self-study materials
- ✓ Follow-up online drop-in & advice session

Sign up for one of our two live webinars:

Wednesday 15th July 2026 12:30-14:30

Thursday 23rd July 2026 19:00-21:00



SECURE YOUR SPACE NOW



enquiries@changingchances.co.uk

£39.99

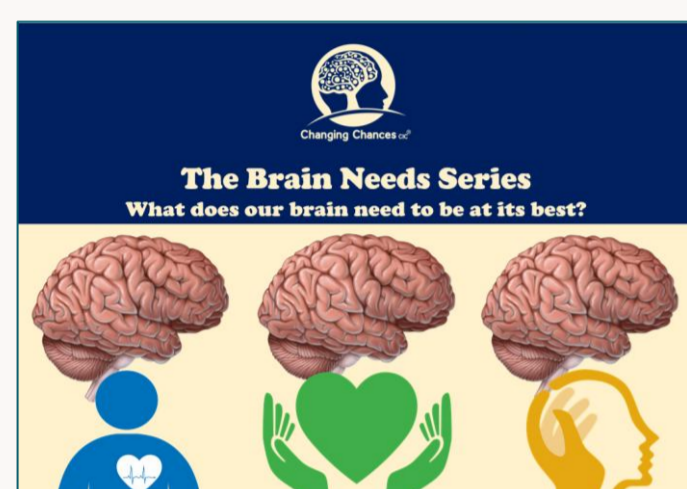


Training for parents & carers

£39.99
per course

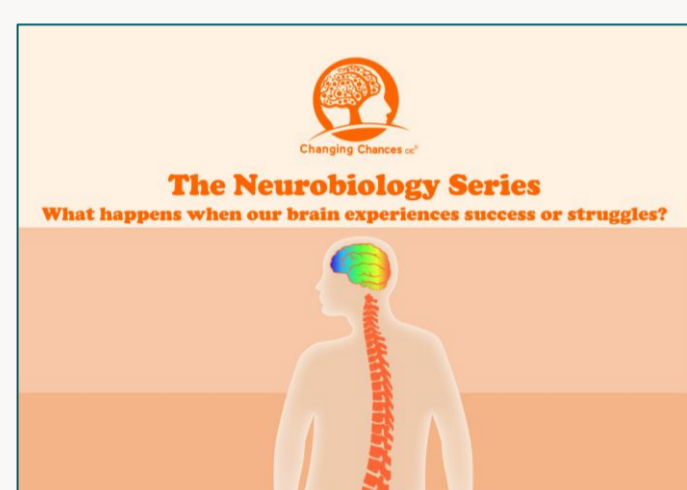
The Empowerment Approach is an innovative, research-based approach to help children and young people understand their brains and learn ways to feel great and do well in life. Our structured framework provides children, and the adults who care for them, with clear, practical tools, resources and strategies for use in everyday life.

Upcoming courses in this series:



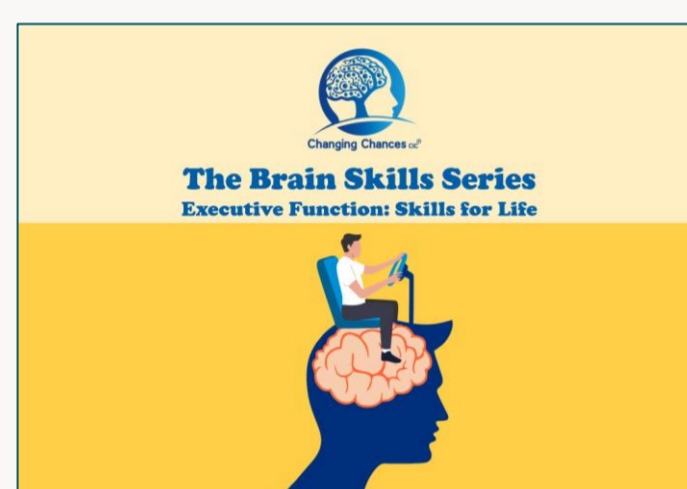
Course 1: Brain Needs

Our first course presents a structure to understand the physical, emotional and learning needs we all have to be at our 'Brain Best'. It provides a set of tools to explore our unique needs along with strategies for meeting these well so children can feel great and do well in school, at home & within the community.



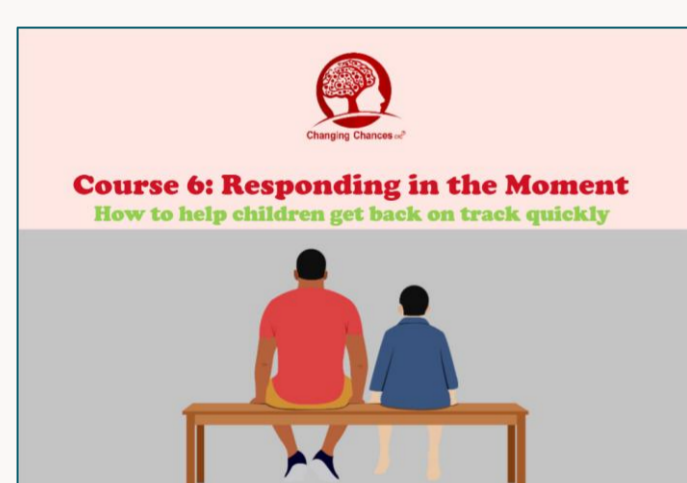
Course 2: Neurobiology

Course 2 aims to help all adults build children's understanding of neurobiology so they can learn what happens when the brain experiences success and struggles, how to manage the stressors of life, and how to build resilience & keep going when life gets tough.



Course 3: Brain Skills

In Course 3, we explore the role of Executive Function Skills in helping people to learn, socialise and live at their best. We look at how difficulties with these skills can hamper success and how to support people to do well, while shining a light on their strengths.



Course 4: Responding in the Moment

Course 4 guides participants through a structure for responding when things go wrong. It teaches the art of de-escalation - the best ways to help someone re-regulate and get back on track.



Course 5: Follow Up - Coaching for Progress

This course explains how to use coaching to help children make secure and sustained progress over time. Using evidence-based techniques, it teaches how to listen, question, share our own concerns, and collaboratively problem-solve.



Course 6: Follow Up - Repair

The final module in the series takes a look at the importance of following-up with children to explore any amends needed as a result of unhelpful, antisocial or dangerous words or actions & how to support children in building the skills needed for repair.

GET IN TOUCH TO FIND OUT MORE



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