

A
Course for
parents

How does my
mind work?

Be more
positive

STEPS

A COURSE TO CHANGE
THE WAY YOU THINK.
LEARN HOW TO SHAPE YOUR CHILDS
MIND SO YOU BOTH REACH YOUR
POTENTIAL

STEPS PROGRAMME

Do you want to know how your mind works? How your beliefs change your behaviour? How to set goals and meet them? The Steps course uses psychology to help us change our thinking. It promotes confidence whilst changing how we approach parenting. This course is usually offered after another one when you've had a chance to get to know us.