



**LOMBARD & ASSOCIATES**

PSYCHOLOGICAL SERVICES

# Let's Grow



At Lombard & Associates, we are committed towards supporting parents in not only developing their children, but also empowering them during this sacred and challenging journey.

Our Let's Grow topics are designed to aid in the development of children and the critical role that a parent can play in the relationship, while developing a safe space between the child and the parent.

Join us and LET'S GROW!

**All our Let's Grow topics are facilitated by a registered Psychologist in the form of a Coaching Session and accompanied by applicable handouts. The following symbols indicate the recommended audience:**



For Primary School Parents



For High School Parents

1

## Raising EQ Kids

Emotion Role Mapping



Creating Emotional Safety



Developing Regulation Strategies



\*Child EQ Assessments can be added

2

## Work Life Integration

Psychology behind investment & family time



Workload Management



Warning signs of Burnout



3

## Under the Surface

Understanding Non-Verbal Communication



Facilitating personal insight



Guiding sub-conscious awareness



4

## Child Confidence

Growing Independence



Impact of Parenthood on Confidence



Investigating Internal Motivators



## ADDITIONAL OFFERINGS

MULTI OFFERING DISCOUNT

WE OFFER DISCOUNT WHEN 2 OR MORE OFFERINGS ARE COMBINED

MASS DISCOUNT

WE OFFER MASS DISCOUNT ON OUR OFFERINGS FOR 3 OR MORE SESSIONS

CUSTOMASIBLE OFFERINGS

WE CAN CUSTOM BUILD PACKAGES BASED ON INDIVIDUAL NEEDS

Need more information?

### CONTACT DETAILS

Lombard & Associates

083 459 9994

Support@LombardAssociates.co.za