



“Juggling the Joys of parenting!”

Are you a parent, grandparent, carer, relative or friend of a child/adult with special needs or a disability? Yes?

...then these **FREE** workshops are a must for you!

Caring for someone can be a bit daunting at times. Often wonder if things could be better? Of course, there is always room for improvement in everything we do and here are a series of workshops that can really help make a difference to our daily lives and to our families. This series is aimed at parent carers who wish to have fun, meet other parent carers that want to make life easier and learn new strategies that can make a very real difference.

LPCF proudly presents Hil Gibb to run these workshops. Hil is a successful Master Practitioner and Coach in Neuro Linguistic Programming (NLP), with a Masters Degree in Leadership. She loves working with a wide range of individuals facing significant, personal challenge as well as groups of varying sizes across business and education. Hil offers a fresh perspective, bold problem-solving and unorthodox strategies.



Her main strengths lie in her ability to connect with people; motivating and developing them to think actively, flexibly and creatively. She relishes new challenges and is committed to adding value to, and facilitating the growth of individuals and teams.

Hil's dubious claim to fame is that she almost killed Stephen Hawking!

“Hil Gibb is an exceptional person who has the knack of enthusing people and inspiring confidence.”

“Spending time with Hil has been illuminating, thought provoking and challenging.”

The workshops are held monthly.

Please try to attend the series to get the most out of these sessions.

Each workshop consists of a 90-minute interactive session on Zoom. Invitations and packs will be sent out as soon as you have registered an interest in the sessions.

Once you have attended the workshops, completed an evaluation and are registered with LPCF or have updated your details you will receive the offer of a FREE max card (while stocks last.)

Hurry! Book your places now either by phone or email to ensure you get a place.

Tel: **07925 232 466** (please leave a message) or email admin@lincspcf.org.uk.



Workshop 1: Why Me?

Date: 18th November

11.30am –1pm

Think back to when you first heard the news. Back to when it became official... that moment when your loved one 'became disabled' or you discovered they had "additional needs". Maybe you had moments of doubting your sanity to get your concerns recognised.

How did that feel?

Was there guilt, blame, anger, sadness, denial?

Think back to when you broke 'the news' to family, friends and colleagues. How did that feel? Are some of those feelings still with you?

The 'Why me?' workshop is designed to enable you to....

- ◇ explore the cocktail of emotions experienced by you as a parent
- ◇ remove the pain and power of those who can whip up that cocktail of emotion
- ◇ learn how the 'power of now' can support you
- ◇ know your negative triggers and reduce (or even remove) them

Plus much more.

Workshop 2: Space for self

Date: 16th December

11.30am –1pm

As a parent of a child with additional needs, there may be many aspects and demands in your life that are often in conflict with each other, for example when you feel like you are juggling too many balls in the air at once?

This conflict can be damaging in terms of:

- ◇ generating guilt, divided loyalties and self-neglect
- ◇ available time, energy, focus and concentration
- ◇ reduced levels of health, well-being and laughter

The *Space for Self* Workshop is designed to enable you to:

- ◇ reduce the internal conflict created by your various roles
- ◇ understand the value of 'the most important person'
- ◇ learn the value of being fully present
- ◇ remove the pain resulting from those who create angst without being in the room!

Plus much more.

See Next page for further sessions.



Workshop 3:

Effective Communication (1)

Date: 20th January

11.30am – 1pm

As a parent of a child with additional needs, you may experience many meetings with various service providers and agencies.

Whether these events run well, or otherwise, the experience and outcomes of any meeting can be greatly improved through effective communication.

This *Effective Communication* Workshop is designed to enable you to:

- ◇ feel more confident in a range of situations
- ◇ get your thoughts and feelings across effectively and more easily
- ◇ give and receive effective feedback
- ◇ handle potentially 'sticky' conversations well
- ◇ understand human behaviour and apply this understanding practically
- ◇ reduce stress and drains on time and energy

Everyone benefits from *Effective Communication!*

Workshop 4:

Effective Communication (2)

Date: 10th February

11.30am – 1pm

The objectives of this workshop are the same as in Workshop 3 although the content will be different.

A recent LPCF poll about the most important element across services which would help parents and children was identified as "Communication"



See next page for further sessions.

Workshop 5:

Understanding Strategies

Date: 17th March

11.30am –1pm

How come, if you were to pick up your toothbrush with the 'wrong' hand, you'd find it difficult to continue with the task of brushing your teeth?

Well, every one of us has strategies for everything we do, and when that strategy is interrupted, it's really tricky for it to continue.

Some of our strategies are positive and help us move forward. Others are destructive and hold us back.

As a carer of a young person with additional needs, you may experience a range of behaviours and strategies that are inadvertently unhelpful to your child's progress or flexibility in an ever-changing world.

This *Understanding Strategies* Workshop is designed to enable you to:

- ◇ feel more confident when supporting your loved one
- ◇ explore the power of strategies over our behaviours
- ◇ reflect on your strategies and those of your loved one
- ◇ generate an 'action plan' for more positive outcomes
- ◇ reduce stress and drains on time and energy.

Workshop 6:

What Makes us tick?

Date: 21st April

11.30am –1pm

Have you ever wondered what your beliefs and values are and how they support you and your family?

This *What makes us tick* workshop will enable us to:-

- ◇ look more closely at how our beliefs affect the decisions we make.
- ◇ explore where our boundaries lie.
- ◇ give us tips and strategies to help reinforce them.



See next page for further sessions

Workshop 7:

Resilience

Date: 12th May

11.30am –1pm

The word 'Resilience' has become very widely used over the last couple of years.

And yet, as a parent, you'll have been doing resilience, to varying degrees, over a long period.

The thing is, we never really know how resilient we are until we are really tested.

This Resilience workshop is designed to enable you to:

- ◇ explore what is really meant by resilience
- ◇ increase our self-awareness around how we respond to those unexpected, challenging moments
- ◇ explore traits and strategies for high resilience
- ◇ understand how a permanent state of resilience isn't necessarily good for us
- ◇ look at the human response to change
- ◇ consider how we grow resilience in our children

Workshop 8:

Action Plan for your future?

Date: 16th June

11.30am –1pm

Over the last few months you will have learnt strategies, techniques and tips to help you in your daily lives.

This workshop puts everything you have learnt together and helps you to form an Action plan.

This *Action plan for your future* workshop is designed to enable you to:-

- ◇ become curious about what you have learnt
- ◇ feedback what you found helpful
- ◇ develop an action plan with goals for the future.



This is what parents who have attended Hils workshops previously told us:-

"It's learning through experience to let the guilt go.

It's similar to when the child you have nurtured from birth up to when they are at pre-school and trust that other people will be looking after them.

Parents are always in the back ground to pick up the pieces.

Mums are the important link so looking after yourself helps you to look after others"

Need more time as an hour isn't enough. Thoroughly enjoy these sessions as they are fun, interactive and make me think!!



"Thought the human response to change was interesting and the fact that we can use it for any situation. Also, the fact that I need to identify my triggers and avert them.

The most powerful part of the session was the discussion on the fact that nobody can make you feel something - the choice and power lies with me. Useful to hear that I am not alone in the journey and many other parents are experiencing the same feeling as me.

Join HIL and LPCF—What have you got to lose?

Tel: **07925 232 466** (please leave a message) or email admin@lincspcf.org.uk