

Parent Twilight Workshop

Learning is more effective when it's a holistic experience, involving students, parents and teachers.

Our one-hour parent twilight workshops are offered to parents and carers in the afternoon or early evening following a student workshop. Each session is fun and informative and helps parents understand the student workshops so they can encourage their children as they try out their new skills.



Aims of the workshop

The parent twilight sessions maximise the benefits of your Positively You day by:

- Sharing a range of techniques that parents can use to support their children at home
- Alleviating anxiety surrounding student wellbeing and/or exam worries
- Increasing parental engagement



Benefits

Parents will leave the twilight session:

- Better equipped to support their children as they embed the tools and techniques learned that day
- Encouraged that they can support their children on their learning journey
- Understanding how they can be actively involved in exam preparation without having to know the subjects being studied
- Armed with tools to help their child manage stress and enhance their wellbeing

"The parent session delivered by Positively You has really helped me to support my child in preparing for their exams. The techniques are easy to learn yet highly effective, while helping to manage stress."

Vikki Morgan (parent)

Book your workshop

01983 294737

positivelyyou.org.uk

info@positivelyyou.org.uk



v2.2 03/2022



Workshop overview

Our parent twilight workshops are interactive, entertaining and educational. Parents are shown some of the techniques taught to students earlier in the day and are encouraged to discuss the use of these techniques.

Each workshop is tailored around the student workshops delivered. Parent sessions that follow student personal development workshops will involve techniques to help alleviate worries and anxiety in children. Following attainment raising workshops, parents are taught skills that will enhance their child's chance of success and help them to prepare for exams.



Workshop content

All parent twilight sessions will:

- Summarise the tools and techniques taught to the students.
- Build confidence so that parents can provide active support for their children at home.

For parents of older children, the workshop will also cover stress management techniques for teenagers.

If your school has purchased the Online Resources Hub, parents will be encouraged to explore this with their children.



Practicalities

The parent twilight workshop can be delivered to as many parents and carers as needed, either face-to-face or online. Every session follows safeguarding protocols and will start no later than 5pm, unless agreed with your account manager. This workshop can be delivered face-to-face or online.

We are Positively You

We are one of the UK's leading providers of educational workshops. For over 20 years, we've delivered transformative student workshops, inspiring teacher development sessions and supportive resources for parents.