

# Life Connections

## RSE e-learning for Parents & Guardians of 5th/6th class pupils

FREE self-paced e-learning resource for Irish families, avail of this #lockdown offer right up until midnight on the 17th March 2021.

- ✓ Say goodbye to feeling uncomfortable about talking to your children about relationships, sex, bodies & feelings
- ✓ Say hello to the new you, a more confident clearer communicator who facilitates open conversations in the family
- ✓ Prepare your child for the secondary school transition into adolescent friendships & relationships
- ✓ Increase the levels of trust in your child-parent relationship

### TOPICS

- ✓ 21st Century Parenting
- ✓ 5 types of Relationships
- ✓ Boundaries & Safety
- ✓ Communication & Connection
- ✓ Body Awareness
- ✓ Feelings & Emotional Intelligence

### WHAT DO I GET?

- ✓ Bite size manageable video content that you can access on your phone or PC
- ✓ 42 subtitled lessons - average 3 minutes/lesson
- ✓ Downloadable course workbook & module summaries
- ✓ Invite to join live Q&A webinars with content creator Jenny Fahy
- ✓ Membership of the online community for six months - receive ongoing tips



Life Connections was founded by Jenny Fahy in late 2018. She has 20 years experience in education and training, with an MA in Leadership in Therapeutic Child and Social Care while her Bachelors Degree is in Applied Social Care. She is also a Child and Adolescent Psychotherapist in-training. And she holds a Diploma in Community Development Practice, and a Certificate in Education & Training.

Jenny has extensive experience working with families, as a trainer for the National Parents Council, and she has experience working closely with families as a Community based Family Support Worker. Jenny has also served as an Outreach worker in a Domestic Abuse service in North Tipperary. Jenny is Garda Vetted, trained in Children First.

Jenny believes that preventative and educative work is really important, so that we can ensure that our children and young people are adequately prepared for young adulthood.



[www.lifeconnections.ie](http://www.lifeconnections.ie)