

Coach Training Session January 2025 - Chat

00:01:32 Dr. Laura Markham: Welcome to the January Coach Training!

00:18:42 Saskia Keogan: Sleeping baby so I'll chat! Demonstration sessions were a privilege to watch

00:18:55 Eileen Dickinson: Reacted to "Sleeping baby so I'll..." with ❤️

00:41:32 Natasha Coombs: Stop Drop Breathe

00:41:34 Martyna Hempel: special time

00:41:38 Petronella Sjöo: Self regulation tools

00:41:40 Eileen Dickinson: roughhousing

00:41:41 Jennifer Ellis: Choose a mantra

00:41:44 Natasha Coombs: Preventive Maintenance

00:41:50 Marta Khader: How to intervene in Sibling conflicts

00:42:02 Martyna Hempel: special time/ connection

00:42:54 Eileen Fauver: how to listen with empathy if they're upset

01:09:47 Petronella Sjöo: This session is so valuable and full of insights. I'm learning a lot. Sadly it's late here in Sweden and I'm still sick not fully recovered and very tired so I will leave and watch the recording 🙏

01:32:46 Jennifer Ellis: Thank you!