



May 2023

Dear Parent and Carers,

***Learn Your Brain, Love Your Life—An In-Person workshop for all parents, carers and students -Tuesday 13<sup>th</sup> June, 6pm at Seaford Head School.***

We are always looking for ways to support our wonderful children and parent, carer community. On Tuesday 13<sup>th</sup> June, Andrew from Action Your Potential will be running an in-person workshop for all of our parents and carers all about how to build great well-being, mind management and unleash learning every day.

In this session we will cover how to help our children build learning and exam confidence, reduce stress, manage worries, and build positive mental health every day. Action Your Potential engages, excites, and informs people about how their amazing brains work so they can get more out of them every day. Here is a short introduction from Andrew of [what to expect during the session.](#)

We will cover:

*Help your child manage and improve their well-being every day;*

*Help your child manage their worries and respond to anxiety;*

*Help your child to tackle procrastination;*

*Help your child to improve their mental health every day;*

*Help your child achieve their goals.*

Andrew is CEO of Action Your Potential, an organisation that works with over 150 schools across the UK supporting them to support their school communities to build powerful habits of well-being, mind management and learning.

To sign up to this workshop please click on

[https://docs.google.com/forms/d/e/1FAIpQLScectaS2rBSyx971OVxa2rXs-](https://docs.google.com/forms/d/e/1FAIpQLScectaS2rBSyx971OVxa2rXs-cch6HTvK0WdU_onD2n7hf8Jg/viewform)

[cch6HTvK0WdU\\_onD2n7hf8Jg/viewform](https://docs.google.com/forms/d/e/1FAIpQLScectaS2rBSyx971OVxa2rXs-cch6HTvK0WdU_onD2n7hf8Jg/viewform) If the link will not open automatically please copy it in to your browser.

AYP takes your privacy seriously and will not use this information for anything other than informing you about this course and sharing support resources. [Our GDPR policy is here.](#)

This workshop is open to all parents, carers and students of Seaford Head School.

Yours sincerely,

Andrew Wright  
AYP