

Email Invitation for Upcoming Webinar

Subject: **Exclusive invitation to FREE Webinar for Parents!**

WELLBEING WEBINAR FOR PARENTS

HELPING YOUR CHILD BECOME CONFIDENT AND CAPABLE IN THEIR SCHOOL YEARS AND BEYOND

- Navigate your child's emotional and academic journey
- Techniques to boost motivation and resilience in your child

LIVE WEBINAR | **Date** 10 SEP 2026 | **Time** 4:00 - 5:00PM

SPEAKERS

- Venkatesh Narasiah**
Counsellor, Ayana Wellbeing
- Smitha Venkatesh**
School Counsellor
- Amanda Poon Xuan Ci**
Associate School Counsellor

NPS

Helping Your Child Become Confident and Capable in Their School Years and Beyond

Every parent wants their child to grow into a confident, resilient and capable young person—but how do we help them get there?

The school years bring a constantly changing mix of **academic expectations, friendships, emotions, setbacks, new challenges and growing independence**. At different stages, children may struggle with motivation, confidence, pressure, disappointment or simply finding their place. What they need from parents also changes as they grow.

This engaging and practical webinar will help parents better understand and support their child's **emotional and academic journey**, while building the skills and mindset that enable children to navigate challenges with confidence.

What will we explore?

- **Understanding your child's journey:** Recognise the emotional and academic challenges children experience as they grow—and understand what they may really need from you at different stages.
- **Building confidence and self-belief:** Learn how everyday interactions can strengthen your child's sense of competence, independence and belief in themselves.
- **Motivation that lasts:** Discover practical ways to encourage genuine motivation without relying on pressure, rewards or constant reminders.
- **Developing resilience:** Learn how to help your child handle setbacks, mistakes, disappointment and failure—and come back stronger.
- **Supporting academic wellbeing:** Find the balance between providing support and allowing your child to take ownership of their learning.

- **Helping children become capable, not dependent:** Explore how parents can gradually shift from *doing things for their child* to empowering them to think, decide, solve problems and take responsibility.

Why should parents attend?

Because **raising a confident child is about more than helping them succeed at school. It is about preparing them to navigate life.**

The goal isn't to remove every challenge from your child's path. It is to give them the **confidence, resilience, motivation and independence to navigate those challenges themselves.**

Join us for practical insights and strategies that you can take away and apply in your parenting from the very next day.



Date: 10 September 2026



Time: 4:00–5:00 PM



Format: LIVE Online Webinar

Join us and discover how to help your child not just succeed in school, but grow into a confident, capable and resilient young person—ready for whatever comes next.

<https://events.teams.microsoft.com/event/9e9db8ab-509a-43cd-86e7-a0cf0cbfe09a@0d44c694-c7ab-4cfc-b409-7ae315f0d69d?source=copyLinkLegacyShareLinkDialog>

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