



FOR THE PARENT

Parenting Through Anxiety & Uncertainty

How our own worries about our children's development, friendships, schools and future can influence the way we parent. Moving away from perfection, parental guilt and unrealistic expectations, and why children don't need us to get everything right. Practical steps to check in with our own values and stay grounded and calm.

Who Am I Now? Identity After Becoming a Parent

How parenthood can reshape identity, relationships, work, friendships and independence. Practical steps and gentle work on values to make space for all our identities.

Helping Children Through Big Changes

How we can support children through moving home or country, changing nursery or school, a new sibling, changes in caregivers and other significant family transitions.

Preparing for Big School Without Creating Big Pressure

Navigating the 4+ process, assessments and school choices while protecting children's confidence, curiosity, enjoyment of learning and above all, their little hearts. How to gently navigate the comparison culture around schools, activities and milestones.

FOR THE TEAM

Championing Differences

A workshop on how to champion and talk to children about differences, which can range from race, to visible and invisible differences, differences in ability to differences in family structure, beliefs or class; and neurodivergence. How to help children become compassionate towards themselves and others, and to celebrate all.

Supporting families with: change, uncertainty and anxiety

Understanding parental anxiety, expectations and pressure and maintaining a constructive relationship when worries about development, friendships or future schools become heightened.

Supporting families experiencing separation, divorce, bereavement, relocation, new siblings and other significant transitions.



Dr Ceyla Karamanci

**HCPC-registered Clinical Psychologist ·
DCLinPsy, UCL · PhD in Cognitive Psychology,
Koç University · Master's in Clinical Social
Work, Washington University STL**

Clinical and Cognitive Psychologist holding two doctorates, with over 15 years' experience working with children and adolescents across clinical, educational and research settings, including NHS CAMHS, Paediatric Psychology at Chelsea and Westminster Hospital, a specialist school in the US and nurseries in Turkey. She has extensive experience engaging with parents: delivering talks, appearing on TV, and facilitating parent groups. She is also a parent of a school-age child in London.



Dr Jacquelyn Yang

**HCPC-registered Clinical Psychologist ·
BABCP-accredited Cognitive Behavioural
Psychotherapist · DCLinPsy, PGCert and
Master's, UCL**

Clinical Psychologist and Cognitive Behavioural Psychotherapist with over 10 years' experience across the NHS, academia and the third sector, including specialist work with children and young people in NHS CAMHS and a Looked After Children service. She has published research with UCL Great Ormond Street Institute of Child Health. A former international competitive swimmer for Hong Kong, she brings a trauma-informed, evidence-based approach to supporting families.