



'Lunch and Learn' Webinar
Building Emotional Resilience
with Samantha Abrahams

Friday 30th September

12:30pm - 1:30pm

Sign up for your free ticket [here](#)

During this Lunch & Learn Webinar we will examine the meaning of Emotional Resilience. Looking at the different types of stress as well as the most effective ways of managing life's challenges. By the end of the webinar you will have a greater understanding of how stress can impact you, what you can do about it and day to day practices to keep it at bay.



Samantha Abraham (Sam) is one of the Triple P Facilitators at Brilliant Parents, a Parenting Coach, and Consultant & Psychotherapist, who has worked with families for over 20 years. Sam believes that ALL parents do the best that they can with what they have - and that a little bit of understanding and help can go a long way!

She's made it her mission to work with warmth in communities across the UK to assist Parents to become the best versions of themselves first - so their children THRIVE!