



# Guru Nanak Multi Academy Trust Ltd

Incorporating:  
Nanaksar Primary School &  
Guru Nanak Sikh Academy  
Founder – Sant Baba Amar Singh Ji

04 October 2021

Dear Parent

**RE: Webinar for Parents Delivered by WildHearts  
Creating Cultures of Success for Children**

As you may be aware we have successfully worked with an organisation called WildHearts who deliver a range of workshops for parents to support their children.

I am reaching out on behalf of WildHearts to inform you of the upcoming instalment of our next Mental Health and Wellbeing webinar: **Creating Cultures of Success for Children (For Parents)**. Please see the details below.

**Creating Cultures of Success for Children (For Parents) - Thursday 21st October 7pm**

This talk explores how parents can help their children manage difficult emotions, build emotional resilience and emotional intelligence. Explore how we can create an environment in which young people are given the permission to succeed without the pressure, which we know can cause emotional problems. The webinar will be led by Alicia Drummond, one of the UK's leading adolescent therapists and founder of Teen Tips.

Places are limited, so will be offered on a first-come-first-served basis. Please register your place [here](#).

Yours faithfully

**Mr T Perryman  
Assistant Principal**