



# A Merry Christmas

*from*



# IRIS

Coaching & Consultancy

Before you leave for the Christmas holiday I wanted to connect with you and send my thanks.

This time of year is a time for reflection; it is a time for reconnecting with loved ones and ourselves. It is the time for finding space, a slower pace and quiet to restore and rebalance.

I hope this holiday season brings this to you.

This time of year is also a time to feel gratitude and thanks for what we have faced and achieved. Even though the challenges have been great, they will bring even greater rewards with them.

*Life is a learning process for everyone.*

I hope this time gives us the peace to appreciate ourselves and our team of support around us.

I would like to give thanks to everyone who have supported and encouraged the growth of Iris Consultancy so far. This is only the beginning! I am excited and optimistic for 2024 with the highs and the further highs! it will bring.

And the supportive relationships, which will grow from strength to strength.

My passion is my motivation and I know 2024 will bring even more opportunities for Iris Consultancy to reach out its support further to children, families and schools to help them to thrive!

*What to look out for:*

Iris Consultancy website service pages have been updated with the offers of support for families and schools

**<https://www.irisconsultancy.co.uk/services/>**



Online training and workshops for schools and parents can now be booked through Iris Consultancy website – Book Now button



More courses and dates will be scheduled over the next two weeks ready for 2024

*Remember over the next couple of days....*

Children need regulated adults

Verbalise how you feel to them

Normalise that it is ok to feel tired and excited

Keep in the present moment –

Use 5, 4, 3, 2, 1 senses

Breathe & Co-Regulate



Not everything has to be completed  
Not everything has to be achieved  
Empathise & support each other

And...I am only a call away!

With love & best wishes,

*PS*

*Helen x*

see you in



2024

