

**11 September 2008**

## **Communication Friendly Spaces™: New training and development programme launched**

Elizabeth Jarman Ltd is delighted to be working with Norland College to pilot a new training and development programme - *Communication Friendly Spaces™: Emotional Well-Being*.

The influences and pressures on family life today are varied and complicated. Conflicting media reports continually flag up what parents should and shouldn't be doing with their children. Often 'advice' floods in from family and friends. Parents and carers see what others are doing and think that perhaps they should do the same. For many, it feels that everyone has an opinion and they are caught somewhere in the middle, trying to do their best and yet not feeling any sense of control, calmness or contentment.

All of this can affect family life; quality time spent together can become a rare event, parents might find it hard to recall the last time they had an uninterrupted conversation with their children, they might have less patience with the family and spend time 'taxiing' children from one activity to another.

Parents and carers say that it's one thing knowing that they'd like to develop a greater sense of balance and well-being for their families, but another thing entirely knowing where and how to start achieving it.

In response, *Communication Friendly Spaces™: Emotional Well-Being* has been designed for parents and carers. The programme involves three training sessions (9th and 16th December, 5th January tbc), which will be delivered at Norland College in Bath.

The programme will help parents and carers to:

- ✿ Identify and align activities and experiences that add real value to family life
- ✿ Increase personal confidence and fulfilment as a parent or carer
- ✿ Support children to develop effective communication skills, develop creative thinking skills, share ideas and listen to others, be self-assured and content.

Elizabeth Jarman, developing the programme said, "We are keen to share both theory and practical ideas with parents and carers. The short term impact of this work will be documented and available on our website in January '09."

Thirza Ashelford, Principal of Norland College said, "Norland's philosophy has always promoted the need to respect a child's right to have access to space which they can call their own. We are delighted to be working with Elizabeth Jarman Ltd to develop this even further and to help communicate the benefits of giving children the space they need."

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**About Elizabeth Jarman Ltd**

Elizabeth Jarman Ltd specialise in creating optimum conditions for learning and development. See [www.elizabethjarmanltd.co.uk](http://www.elizabethjarmanltd.co.uk)

**About Norland College**

Norland College was founded in 1892 by Emily Ward and is internationally recognised as the premier provider of childcare training and education.

Norland trained early years professionals are employed worldwide as Nannies, Nursery Nurses and in other positions in a variety of early years settings. Norland graduates earn the top salaries, clinch the most sought after posts and enjoy a busy life often working for the rich and famous. Such is the reputation of the quality of training at Norland College that the demand for Norland graduates always exceeds supply.

To find out more information about Norland College and its in-house employment agency see [www.norland.co.uk](http://www.norland.co.uk)