



April 2021.

Dear Parent/ Guardian

My name is Katie, and I am a 'Happiness Club' Happiness & Resilience Trainer working in schools, businesses and charities in Shropshire, Herefordshire & Powys.

This month I will be working in your child's/children's school to deliver The Emotional Management Programme for Children (Happiness Training)

The Training is full of techniques to empower every pupil to positively support their own mental and emotional health.

They may wish to talk about the training at home, or ask you to try some of the techniques with them – especially the Glad Game – equally they might not though – either way is fine!

I'm really excited about the next few weeks, please feel free to connect on Facebook/Instagram/Twitter, or take a look at my website:
www.katietheshappinesstrainer.co.uk

Sending happiness & stay safe,

Katie

KATIE MILLARD

HAPPINESS TRAINER

THE HAPPINESS CLUB