

# Free Parenting Clinics

with

Anisa Lewis

Positive Parenting

[www.anisalewis.com](http://www.anisalewis.com)



January

14th @ 12.30pm

Confidence

Are you worried about your child's confidence?

What IS the difference between confidence and self-esteem?

Is a lack of confidence stopping your child from getting the most out of their experiences?

If these questions resonated with you and got you thinking then join Anisa (Parenting Coach) for her monthly Free Parenting Clinic. This online talk is focused on confidence and what we can do to support ourselves and our young people.

Join us on Zoom, for the 30-minute talk.

Book here:

<https://anisalewis.as.me/theclinic>

or

email: [hello@anisalewis.com](mailto:hello@anisalewis.com) for the booking link

(The clinic will be recorded and sent out to those who register to attend.)