



# **LITTLE MIND ★ MASTERS® ★**

TRANSFORMING YOUNG MINDS

— BY LES ROBERTS —

**Practical Support for Parents  
&  
Gentle Guidance for Children**





**What if your child had  
simple tools to feel calmer,  
braver & more in control  
every day?**

**Imagine the difference it  
could make — fewer worries,  
less stress & a happier, more  
confident child**

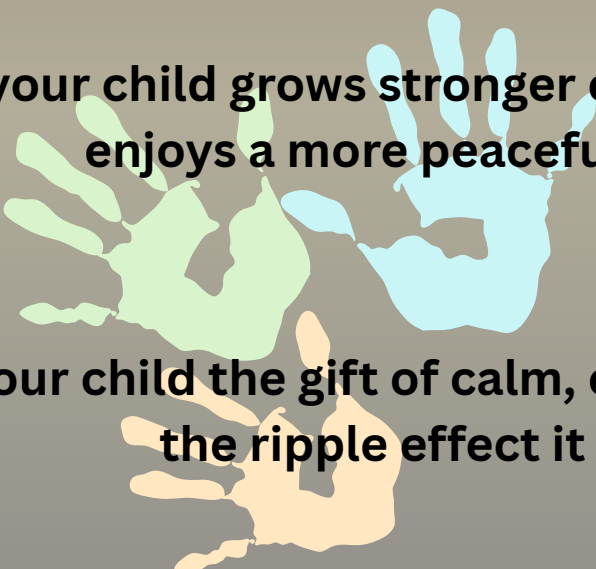


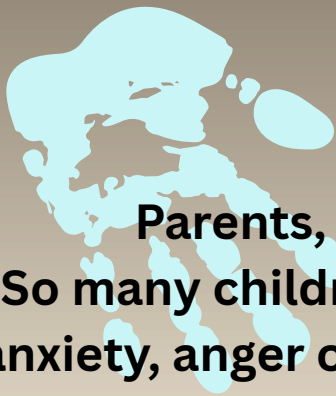
**With gentle strategies that are easy to learn & use,  
your child can begin to:**

- ✦ **Build confidence & self-esteem**
- ✦ **Manage worries, stress & big emotions**
- ✦ **Feel calmer & more capable in everyday life**

**As your child grows stronger emotionally, the whole family  
enjoys a more peaceful, balanced home life.**

**Give your child the gift of calm, confidence & resilience — enjoying  
the ripple effect it brings to your family**





**Parents, you're not alone.  
So many children today face worries,  
anxiety, anger or low confidence — as a  
parent, it can feel overwhelming  
knowing how best to help.  
Imagine if your child could...**

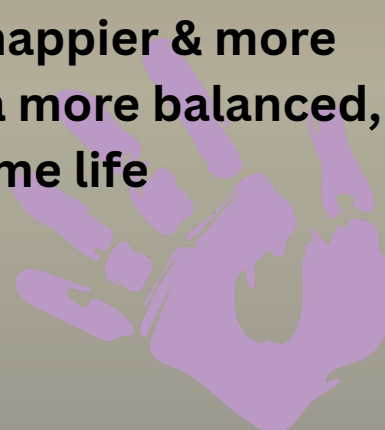
- ✨ Sleep more peacefully**
- ✨ Feel calmer & more in control**
- ✨ Handle big emotions with confidence**
- ✨ Build self-esteem & resilience for  
life's challenges**

**When children learn simple tools to  
manage stress, worries or emotional  
outbursts, they begin to thrive & the  
whole family feels the difference.**



**Every child is unique, which is why  
support is tailored to their needs, giving  
them the gentle guidance & practical  
strategies they need to grow stronger  
day by day.**

**As your child feels happier & more  
confident, you'll see a more balanced,  
peaceful home life**



**Practical support for children = Peace of mind for parents**

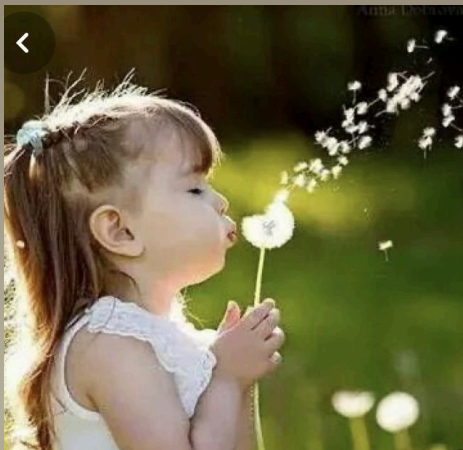
**Imagine if your child had a safe, supportive space to explore their feelings & discover simple ways to manage them.**  
**Sessions are fun, interactive & tailored to your child's age & personality — so they stay engaged while learning tools that truly help**

**So, what will your child learn?**

- ✨ **Calming techniques they can use anytime**
- ✨ **Build emotional awareness to recognise & manage feelings**
- ✨ **Develop healthier ways to cope with challenges at home or school**
- ✨ **Gain lifelong strategies for when life feels overwhelming**

**The result?**

**A calmer, more confident child & a brighter, more balanced home life for the whole family**



**By making sessions engaging & child-friendly, children not only feel more in control of their emotions, they also carry these skills with them into everyday life**



# **Real Parents – Real Feedback**

**"Your voice is so calming & soothing. I almost cried when I listened to the recording. Thank you". LP Mum to RB**

**"4 weeks ago I was in a deep dark hole, feeling like a burden on my family, that I was weighing them down. After just 4 weeks, my life is back on track and heading in the right direction" SC**

**"For 5 months I was unable to go outside, sleep, eat properly (10kg lost) or do many basic things in my life This was the worst period in my life & I really would not wish what I have experienced on anyone. I only wish that I got in touch with Les sooner!" JR**

**"Approached Les at the recommendation of probably half of St Helens (asked on a group on Facebook).**

**Definitely left the block of sessions with the tools to shift any self doubt & paranoia into positive thinking.**

**VERY highly recommended!" AW**

**"Les is such a beautiful soul, who has helped our family beyond words. Cannot recommend Les enough. Thank you for everything you have done & continue to do" NS mum to BS**

**"The sessions were great and gave my son a lot of tools to cope with his accident & to build his confidence back up to play sport again soon. We're sad the sessions are over now!" KM Mum to EM**

**"I highly recommend Les, she helped my little boy overcome a fear of going to school. I couldn't thank her enough when I literally thought there was no way out of this, she showed us both there was. She changed our lives I'll be forever grateful" CM mum to JM**

# ABOUT LES ROBERTS



**I'm Les Roberts, an Advanced Children's Therapist, passionate about helping young people feel calmer, happier & more confident in their everyday lives. With over 25 years experience working with children, I've seen many struggle with worries, anxieties, big emotions or low confidence & how this can impact not only them, but the whole family. My work is all about giving children a safe, supportive space where they can explore their feelings & learn simple, practical tools to manage them.**

**Book a free initial consultation  
Sessions online or in person**

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