

Dear Tooled Up Parents, Carers and Staff,

Tooled Up Education warmly invites you to register for their upcoming March 2026 webinars:



REGISTER HERE: [6 March 2026, 12:30-13:30 GMT](#)

Join family therapist Dr Reenee Singh and family lawyer Antonia Felix for a practical, empathetic webinar supporting parents and educators navigating blended families. Gain expert guidance on strengthening family relationships, managing complex emotions, and understanding key legal considerations to help children feel supported, secure and valued.



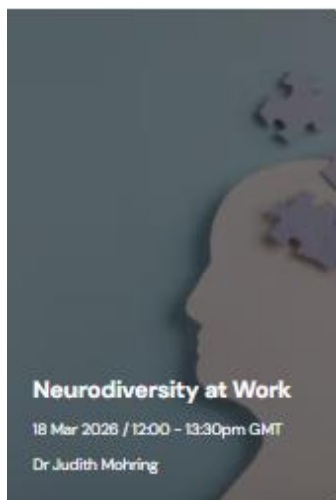
REGISTER HERE: [13 March 2026, 13:00-13:45 GMT](#)

To mark World Sleep Day, join Professor Gringras, a leading UK expert in sleep medicine. In this interactive session, Professor Gringras will explain why sleep is fundamental for physical and mental health. He will also tackle common sleep myths and share practical, evidence-based strategies to improve sleep.



REGISTER HERE: [17 March 2026, 12:30-13:30 GMT](#)

Grief doesn't fade with time - it changes. In this webinar, consultant educational and child psychologist Hannah Abrahams explores the ongoing nature of grief, and how threads of joy can exist alongside pain. With sensitivity and care, the session offers space to reflect on the ways love continues to transform us long after loss, and how remembrance can become a source of renewal.



REGISTER HERE: [18 March 2026, 12:00-13:30 GMT](#)

As organisations increasingly recognise the value of different ways of thinking, this webinar with award-winning psychiatrist and leadership coach Dr Judith Mohring offers a clear, practical guide to understanding neurodiversity at work. Dr Mohring explains what neurodivergence really means, from autism and ADHD to dyslexia, dyscalculia and dyspraxia. She will also explore the strengths and challenges associated with differing neurodivergent profiles, why neurodiversity represents a strategic business advantage, and how supportive workplaces can unlock significant untapped talent.

Designed for neurodivergent individuals, those who support them, and anyone leading or working within teams, this session will leave you better informed, more confident and equipped with practical language and tools to help all minds thrive.



REGISTER HERE: [19 March 2026, 19:30-20:30 GMT](#)

It isn't easy watching our teenagers fall in and out of friendships, date for the first time or engage in digital dating. As parents, we want to help them recognise healthy relationships and feel resilient enough to manage the inevitable ups and downs. Join Dr Kathy Weston for a supportive, practical webinar exploring how we can empower teenagers to approach relationships with confidence and self-belief.