



Kelly Elliot - Elliot Wellbeing

Hey, I'm Kelly. I help families understand their kids and themselves. I left teaching to do this work properly, because I could see how much of what shows up as difficult behaviour or big feelings makes more sense once you understand what's going on underneath it, for them and for you.

I'm trauma informed, and I also have the lived experience to back it up. I used to be the mum who snapped, especially with my first. These days I parent from a much calmer place, and I help other parents get there too.

Alongside this, my husband Stephen and I run Elliott Wellbeing, where we hold workshops for parents and families. They're a space to slow down, learn practical tools, and feel calmer and more connected, away from the busy, the chaos and the schedules.

If you want to understand your kids, and feel a bit more like yourself again, come and find us.

Contact Details

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