The Resilient Kid™ Podcast

Season 7
Episode 1



Guest Profile

Emily Parker

Chester and the surrounding area

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About Emily

With over 15 years of experience in primary education as a teaching assistant and Emotional Literacy Support Assistant (ELSA), Emily specializes in supporting children's emotional well-being. Her trauma-informed approach and extensive mental health training empower her to help children build resilience, confidence, and a strong sense of self. Emily's compassionate work ensures every child feels heard, valued, and supported in their journey.