

Dr Cathy Bétoin

Creator of The Adult-Child Well-Being 'I Matter' Framework – sometimes known as The 'I Matter' Lady

Inspiring Your Team or Audience to Think about the Implications of Decades of Research Evidence and the Important Role they Play in Relationships with Children and Parents

In Cathy's workshops, inset and talks about how to improve children's wellbeing, professionals and parents learn about the value of taking a step back on everyday life with challenging or struggling children.

Your audience will walk away with a sense of empowerment in the face of challenges in home, work or community settings and with clarity about three often overlooked issues that need to be taken care of for greater likelihood of success. The key steps are much more than just behaviour management, sticker charts and a good IEP

Dr Cathy Betoin is a practising clinical psychologist, an experienced teacher and a parent. She is also an illuminating and engaging speaker, and workshop leader. Cathy has practised for over 30 years in children's services in schools, CAMHS and Child Psychology services. She developed the I Matter Framework and the linked training programme, as a response to the widespread confusion and lack of services observed in many years of practice

Cathy is on a mission to have everyone rethink the way that we think about children and families who are struggling. She is currently at work on The I Matter Framework Book to complement the online learning journey that is designed for professionals and parents

I Matter Framework training provides professionals and parents with relevant up to date psychological theory explained in a very practical down to earth manner. The result is that every professional and every parent and decision maker who wants to learn can now shorten the experience of confusion and overwhelm in the face of the growing numbers of struggling children and families. There is a clear direction.

Cathy works with audiences by teleseminar, webinar and live to great reviews and looks forward to having the opportunity to deliver some of the key I Matter messages to your audience.

Cathy plays an active role in the Kendal Integrated Care Community that is bringing together professionals and organisations to support the all age community. She loves to walk and cycle on her electric bike through the beautiful countryside of Cumbria and the UK.

To book Cathy or discuss what she can bring to your group or organisation please email Cathy.Betoin@Imattertraining.com



I liked the whole framework and the logic behind it. Just from common sense and anecdotal evidence it seems obvious to me that home life and the parental influence is one of the major contributory factors towards a child's mental health so it seems daft to separate them from this process. **Teacher**

The content of Cathy's workshop gave us confidence to trust ourselves and know that we have a key part to play in helping our child with his or her challenges **Parent**

The sessions got us all thinking about the way our schools and services are running. There are some big questions to look at about how we could make our work more supportive of challenging children and parents **GP**

