

Good2gr8 Teenagers



“Is your teenager affected by Cyber Bullying?”

Good2gr8 Coaching specialise in coaching teenagers to reach their fullest potential. Coaching is unique as it empowers each teenager to increase their self awareness, empowerment and resilience. The coaching style is one of fun and self discovery. Our qualified coaches are offering the following one hour small group coaching sessions in Ballarat during August 2009.

Saturday 8th August

Saturday 15th August

Saturday 22nd August

Saturday 29th August

You and Cyber Bullying

Building a Power Zone

Self Belief

Un – insult - ability

Group numbers are strictly limited, and are offered in two year levels:

Year Levels 7, 8 & 9

9.30am – 10.30am

Year Levels 10, 11 & 12

11am – 12pm

Investment: \$50 per session.

You and Cyber Bullying: Saturday 8th August. Topics may include:

Am I being Cyber Bullied?

Reducing the Impact

Am I being affected by Cyber Bullying?

Beliefs about Cyber Bullying

Building a Power Zone: Saturday 15th August. Topics may include:

What is a Power Zone?

Using your Power Zone

Building Your Power Zone

Keeping your Powers

Self Belief: Saturday 22nd August. Topics may include:

Dealing with Self Doubt

Self Esteem, Self Worth, Self Confidence

Resourceful Self Talk

Empowering You

Un-insult-ability: Saturday 29th August. Topics may include:

What is Un-insult-ability?

Building Resilience

Developing Un – insult-ability

Resourceful Thinking Patterns

For further information and bookings contact Sue Anderson:

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