

Good2gr8 Kids



"Empowering Your Children"

Good2gr8 Coaching specialise in coaching children and teenagers to reach their fullest potential. Coaching is unique as it empowers each child to increase their self awareness through questioning. The coaching style is one of fun and self discovery. Qualified coaches are offering the following one hour small group coaching sessions in Ballarat during the July school holidays:

Tuesday 30th June

Wednesday 1st July

Tuesday 7th July

Wednesday 8th July

Standing Up for Yourself

Being the Best Friend You Can Be

Being the Best Learner You Can Be

Being the Best "You" You Can Be

Group numbers are strictly limited, and are offered in two age groups:

7-9 years

9.30am – 10.30am

10-12 years

11am – 12pm

Investment: \$25 per session.

Standing Up for Yourself: Tuesday 30th June. Topics may include:

Building Personal Powers

Beliefs about Personal Powers

Reading the body language of others

Awareness of own body language

Being the Best Friend You Can Be: Wednesday 1st July. Topics may include:

Building rapport

Building empathy

Making / Keeping new friends

Changing friends / Ending friendships

Being the Best Learner You Can Be: Tuesday 7th July. Topics may include:

Concentrating in class

Asking for help

Not knowing / Getting it wrong

Giving it a go (even if it seems hard!)

Being the Best "You" Can Be: Wednesday 8th July. Topics may include:

Self awareness

Self identity / worth

Positive self talk

Responsibility to self & others

For further information and bookings contact Sue Anderson:

0417 052 739

sue@good2gr8.com.au

www.good2gr8.com.au