

# Good2gr8 Kids



**“Empowering Your Children”**

Good2gr8 Coaching specialise in coaching children 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 September school holidays in Ballarat:

**Monday 21<sup>st</sup> September**

**Tuesday 22<sup>nd</sup> September**

**Wednesday 23<sup>rd</sup> September**

**Being the Best “You” Can Be**

**Being the Best Friend You Can Be**

**Standing Up for Yourself**

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: \$30 per session.

**Being the Best “You” Can Be: Monday 21st Sept.** Topics may include:

Self awareness

Self identity / worth

Positive self talk

Responsibility to self & others

**Being the Best Friend You Can Be: Tuesday 22<sup>nd</sup> Sept.** Topics may include:

Building rapport

Building empathy

Making / Keeping new friends

Changing friends / Ending friendships

**Standing Up for Yourself: Wednesday 23rd Sept.** Topics may include:

Building Personal Powers

Beliefs about Personal Powers

Reading the body language of others

Awareness of own body language

For further information and bookings contact Sue Anderson:

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