

Good2gr8 Teenagers



“Empowering Your Teenager”

Good2gr8 Coaching specialise in coaching 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 two hour small group coaching sessions in Ballarat during the first week of the September school holidays. Sessions run from 10am -12pm:

Thursday 24th September

Increasing Self Belief

Friday 25th September

Increasing Resilience

Investment: \$40 per session.

Increasing Self Belief: Thursday 24th September.

Topics may include:

Building Personal Powers

Beliefs about Personal Powers

Dealing with Self Doubt

Self Esteem, Worth & Confidence

Social Skills

Self Awareness

Increasing Resilience: Friday 25th September.

Topics may include:

Protective Thinking

Un-insult-ability

Resourceful Self Talk

Exploring Meanings

Understanding Empathy

Managing Emotions

For further information and bookings contact Sue Anderson: