



Good2gr8 News!

Greetings Everyone!

I hope you all had a fantastic break over the summer, and your family has settled back into the school routine. I had a busy summer developing a year-long coaching program for Ballarat Secondary College. It commenced at the end of January and the feedback has been excellent. It is very exciting!

Individual coaching sessions for 2010 will re-commence on Saturday 27th February.

I am now taking bookings for individual coaching sessions. These sessions are client driven, meaning that the topics we cover are determined by you / your child. In these sessions I go with the energy of you/ your child. This approach is very effective and are usually anywhere from 4-12 sessions. This type of coaching is referred to as "**pure coaching**". It is based on questions only, there is no telling. It is very powerful. With each individual coaching session you receive a summary of the session e-mailed to you within 48 hours, and you are free to phone me to discuss the session.

This year I am also offering a more structured alternative.....

New: Good2gr8 Kids Program! It's all about being the Best You Can Be.....

- I am also offering the following four 4 week programs, (which will be delivered one on one i.e. in individual sessions).
- This is the recommended order of the program (see below), but I can modify it to suit your child.
- Your child may like to do some, or all of the program, its up to them.
- The program is modified to suit the age of your child (from ages 7-18 years).
- Each session goes for one hour.
- These sessions are **not pure coaching**, rather a combination of questioning, sharing of information, role playing, feedback giving etc.
- Sessions are conducted in Ballarat CBD, or over the phone if that suits your child / teenager.

Topics Include:

1. Good2gr8 Identity

Session One: Your child will develop and practice the ability to be aware of themselves as they are experiencing themselves (step back skill).

Session Two: Your child will explore and have a greater awareness of their beliefs about themselves (self identity, belief, esteem, confidence).

Session Three: Your child will explore their level of self acceptance, awe and appreciation.

Session Four: Your child will identify their own thinking patterns, and together we will check that they are helpful and not harmful.

2. Good2gr8 Emotions

Session One: Your child will gain an understanding in the concept of emotions, and how they can use them to their advantage.

Session Two: Your child will become aware of and explore their emotions as well as the ability to choose how they feel.

Session Three: Your child will explore any thinking patterns that result in "negative" or useless emotions.

Session Four: Your child will create their own "Best" emotions for situations in which they are being the best they can be.

Good2gr8 Communication

Session One: Your child will explore their own communication styles, as well as thinking patterns relating directly to communication.

Session Two: Your child will explore and practice how they (and others) communicate verbally and non verbally.

Session Three: Your child will develop the skills to build rapport and the flexibility to move into the world of others when communicating.

Session Four: Your child will learn the skills of making new friends, being a great friend, keeping friends and ending friendships.

Good2gr8 Empowerment

Session One: Your child will develop their own "Power Zone" and take ownership of it (choose how / what they feel, think, say and do).

Session Two: Your child will become aware of their own meanings and together we will check that they are helpful and not harmful.

Session Three: your child will become aware of their own thinking and self talk and determine if it is helping them be the best they can be.

Session Four: Your child will create a powerful state of "Un-insult-ability" and explore how to *not* be affected by mean or nasty kids.

Please contact me directly to book or discuss further. I am also happy to visit your organisation to meet with you in person should you require more information.