

Full Day Holiday Program.
Wednesday June 28th 8.30am -5.30pm

All About Me!



Help your children soar in Term 3 with this one day intensive workshop that will develop the knowledge, skills and confidence for a higher self-esteem, healthier relationships and better mental health.

'All About Me!' is packed with fun, practical and mind changing strategies that are designed to be taken from the workshop into the every day to help young people be in control, self-reliant and resilient.

9-12 year olds
limited to 8 children
be quick to enrol

book
online

\$195

WORKSHOP OUTCOMES

The workshop is based on educational neuroscience and will provide:

- Strategies to instantly reduce stress and calm the brain
- Understanding their own and others' behaviours and how to effectively respond
- Strategies to improve learning and memory recall
- Strategies to manage friendship difficulties and have meaningful relationships
- Techniques to integrate the hemispheres of the brain for improved mental health

Every child receives on on one support throughout the day from our three trained therapists and facilitators.

Book online at www.bodytalk.com.au or contact Melissa on (07) 3343 1051

B.Y.O lunch. 8.30 registration for a 9am start.

We are seeing more and more that children are not coping with the changing pressures at school. Children are going into a state of overwhelm almost on a daily basis as a result of trying to keep up with everything that they are required to do at school and then the social interactions with other children - they are not coping.

They are living in a state of anxiety most of the time. When the brain goes into a state of overwhelm (fight/flight/freeze), the logical part of the brain shuts down and the child is then operating with the primitive instincts of the brain. These instincts are designed to get us out of danger, increase adrenaline and run for our life situations. This behaviours at school of course are not appropriate, however we are seeing it happen more and more with kids having outbursts and meltdowns. For a number of children they continue to survive in this overwhelmed state rather than thrive.

Based on our clinical experience working with children we have put together a one day workshop for children 9-12 years old . The workshop will provide them with strategies and practical techniques to use in everyday life to reduce stress, stop them from going into the overwhelm state or recover quickly if they do and deal with relationships at schools.



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