



In association with:



Life Coach and Educator
Social, Emotional, Behavioural
Your life by design

Social and Emotional Skills Training Programme

This 10 lesson on-line course is intended to assist those facilitating the Life HACs (heart-activated-core-skills) - Tool-kit for Life, School Programme. It will support and align with the 10 individual lessons, which link to the NZ curriculum's requirements and teacher's guide. The course will also help you to better understand yourself, and others to deal with life-happenings in a healthy way.

The Programme: is designed for the adolescent years. 11-13-year olds and high school students who are behind their peers developmentally in their social, emotional and behavioural journey.

To build student confidence and awareness in choices and boundaries

- Coaching students to be more aware and prepared for life
- Develop confidence and understanding to make wise choices
- Realise and understand boundaries
- Know themselves and better understand others

It aligns with the New Zealand Curriculum Key Competencies

The course lessons will cover:

- 1/ Beliefs and Self-talk
- 2/ You can Choose – making choices
- 3/ Power of Words
- 4/ Filters
- 5/ Fear and Desire
- 6/ Boundaries
- 7/ Love Styles – Understanding needs
- 8/ Values
- 9/ Well-formed Outcomes
- 10/ Head and Heart

Set yourself and your students up for success
Attaining new insights, perspective, resilience and stress relief

Registration for the online programme is \$595.00 plus GST and includes mentoring and support with Julia Taylor-James.

I wish to register for the Social and Emotional Skills Training online programme.

Name _____

School _____

Email _____

Phone number _____

For further course information contact: Julia Taylor-James M: 027 2398 131

For registration: Email - admin@raisingachievement.co.nz

Website - www.raisingachievement.co.nz