

# THE GIANT CHILD WORKSHOP

HELPING CHILDREN TO LIVE A HAPPY AND INSPIRED LIFE



THIS WORKSHOP PROVIDES YOUR CHILD WITH THE STRONG EMOTIONAL FOUNDATION FOR A BRIGHT FUTURE.

During the workshops I encourage children to:

- be good choice makers,
- take responsibility,
- know power is in their hands,
- swap stress for fun.

This enables them to:

- be resilient,
- explore their natural abilities,
- turn challenges into opportunities
- set-backs to life experiences

My coaching role guides them from where they are now to where they want to be, let's not wait until something goes wrong to make a positive impact in your child's life. Why not equip them with a 'happy toolkit'.

IN JUST **3 EFFECTIVE SESSIONS** YOUR CHILD WILL TAKE HOME THE FOLLOWING 'HAPPY TOOLKIT' CONTAINING A DAILY ROUTINE TO ELIMINATE STRESS AND ANXIETY, CHOICE MAKING ABILITIES AND SOLUTION BASED TECHNIQUES.

This results in:

- more confidence and self worth respecting and valuing themselves,
- a change in the way they perceive and respond to the world and themselves,
- more focus and better social interactions,
- less resistance, more pro activity, less reactivity,
- the ability to accept differences, responsibility taking and more co-operation
- increased happiness,
- a reduction in negative self-defeating behaviours,
- academic improvement,
- to be in touch with their fun and creative self,
- the ability to turn challenges into opportunities,
- them be their own motivators.

*Marina*  
Zest for Life

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ALTERNATE SUNDAY'S IN A SAFE,  
COMFORTABLE AND FRIENDLY  
ENVIRONMENT.