

Marina
Zest for Life

The GIANT Child

What is the GIANT Child?

It is a **self-development program** that provides teenagers with a **strong emotional foundation** for a bright future.

Aims

- To offer the teenagers the connection and empowerment to fully live their lives.
- To provide them with tools and strategies to shine their brilliance.
- To build self-esteem and resilience.
- To give them the confidence to make decisions which are in their best interest.
- To increase their ability to communicate their needs and concerns.
- To enhance their social skills.
- To encourage the development of emotional intelligence.

Research

According to Dr. Bernadka Dubicka, Chair of the child and adolescent faculty at the Royal College of Psychiatricians, emotional problems in young girls are very worryingly on the rise.

- Self harm among girls has jumped from 10.500 to more than 17.500 a year - a rise of 68%.
- 1 in 4 (24%) girls aged 14, and 9% of boys the same age in the UK are beset by loneliness, self-hatred and feel unloved, and can be depressed.

How was the GIANT
Child program born?



I have seen uncertainty in the faces of my children, as well as many others.

They are loved, wanted and celebrated, yet at times they cannot see this. Their fear of being inadequate, not being up to standard and the constant pressure of the media on them for perfection.

The fog of not knowing how to turn their dreams into reality.

Our words as parents sometimes fail to pass on the message.

Children that in spite of their effort and goodwill are holding life's possibilities, and themselves back.

"They have it all" I thought, now they need to experience it themselves so they can be successful in whatever they decide to succeed in, to thrive and be happy.

Every Child Deserves

- **To be happy** whatever their circumstances.
- **Safe**
- **Self-confident** before adulthood.
- **Supported**
- **Wanted and self-motivated**
- **Proud of themselves** every single day whatever the day brings.

What are they afraid of?

In a world that connects everything together, our children are suffering from disconnection and confusion about who they are or who they need to be, making them scared of their abilities and power.



Who is this for?

- For those want to feel motivated and inspired
- For teenagers who don't realise they can choose. A new choice leads on to a new possibility.
- For those who can't celebrate their differences.
- For those who don't understand that it is with commitment and repetition you get results.
- For the ones who feel worried, anxious or set too much pressure on themselves
- For those who don't feel confident or proud of themselves.
- For children who like to take hold of their power and its many possibilities.

Who can benefit from the Giant Child?

The number one star of this program, the children of course!

- **Parents** willing to give their children a helping hand. Happy teenagers=happy parents
- **Schools**, as part of the PHSCE or wellbeing curriculum. Relaxed teenagers=better school results
- **Teachers** who understand the importance to empower our children. Open minded students=easier for the teachers to deliver the content.

How is it delivered?

**This program subject is very serious
yet the practice is only fun**

- A series of workshops
- Experiential learning
- Using a variety of techniques:
- Story telling, mindfulness, acting, painting therapy, clay therapy, music, descriptions, short meditation, analogies and more.



Outline of the program

From fixed mindset to growth mindset

Clarity

Self-image

Assumptions

Responsibility

Choice

Uniqueness

Mindfulness

Perceptions

Support

Worries

Anxiety

Fears

Anger release

Self-worth, self

Esteem

Confidence

Energy

Self-respect

Beliefs

Bullying

Trust

Goals

Resilience

Excuses

Grounding

Procrastination

Control

And of course LOVE

How children felt after the workshops

- “Big
- In control
- Confident”

“Released,
less
frustration.
Powerful and
Happy.”



“Proud and
calm.”

Improved exam results

In the children's words



Be happy

I have learned that there is a way around fears and worries and nothing is going to stop me. I felt that I could trust Marina and I can tell her any private information.

Find yourself

I've also needed to concentrate on something (my finger) for a minute. Mindfulness. I've learned to pick the right path I would recommend it to 12 to 15 year olds cos it sets you up for life. It gives you the tools to deal with things.

Love yourself

I feel I have gained confidence, I feel proud of myself and that I will succeed. I have learned that everybody is different and that is good to celebrate. It is good to know who you are.

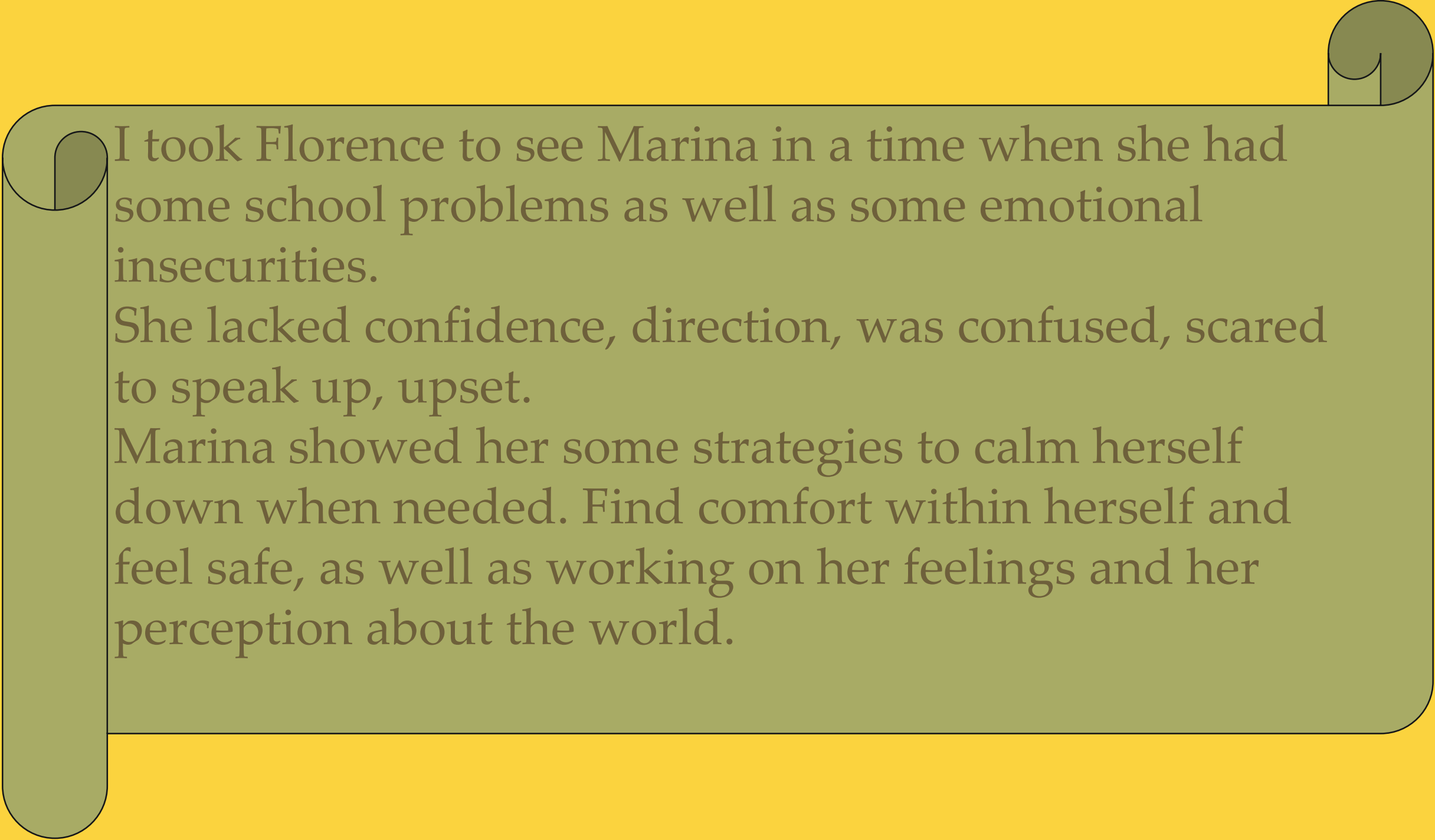
Love yourself

I have learned to be confident in myself, powerful, I have overcome my fears and learnt not to care about what others think about me. The 5, 4, 3, 2, 1 exercise made my days a lot more productive and efficient.

What parents have to say

Since my son's time with Marina, I have noticed remarkable differences in both his confidence, his ability to accept himself, his positivity and his attitude to work and life in general. When combined these things start to alter how he is perceived by others, so is getting on better with his peers. His improving work ethic helps get praise from teachers, which in turn makes him feel better, and he then wants to work harder. His mood is better as he's less stressed about his work and getting into trouble. Being a teenager today is extremely difficult, Marina has given Ben the tools he needs to thrive, we couldn't be happier.

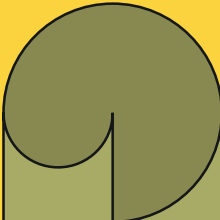
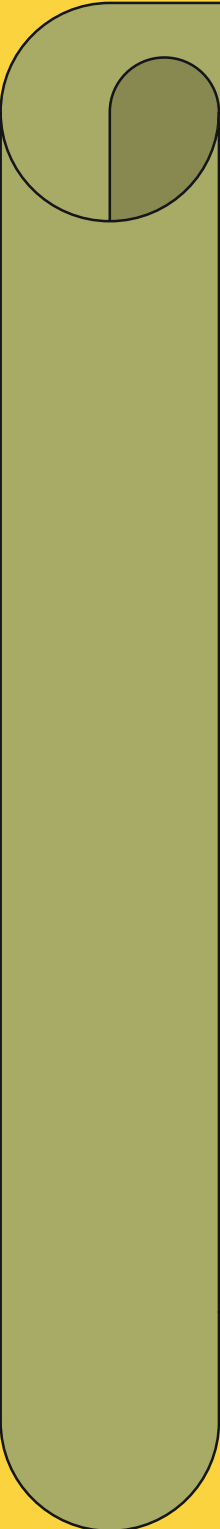
-Kerry Richardson-



I took Florence to see Marina in a time when she had some school problems as well as some emotional insecurities.

She lacked confidence, direction, was confused, scared to speak up, upset.

Marina showed her some strategies to calm herself down when needed. Find comfort within herself and feel safe, as well as working on her feelings and her perception about the world.



Since then Florence is blooming, she is a lot more confident. Approaching the school with excitement, In spite of her GCSE preparation now she knows what to do to, and where she is going. There is clarity and sense that all is well in her being. She loves herself and believes she can achieve anything if she puts her mind to it.

Marina's energy, passion, love for her subject and enthusiasm is contagious and children respond to her workshop making it a fun event every time.

I would most definitely recommend Marina as part of your child development.

I now can see my daughter flourishing and enjoying herself.

-Martha English-

Revelations of the children

Their biggest fear is.....

Their future