

FREE

Tuning in to Teens: Workshop Information

On Tuesdays from 9:30 AM to 12:00 PM, for six weeks,
from **October 21st to December 2nd** at Headspace.
Morning tea provided



Week 1: The Foundations for Emotion Coaching

- Introduction to program
- Getting to know each other

Week 2: Connecting & Emotional Acceptance

- Awareness of own and teens emotions

Week 3: Building Connections & Showing Empathy

- Developing Empathy and continue recognising emotions

Week 4: Emotion Coaching skills

- Understanding higher intensity emotions

Week 5: Emotion Coaching Anger

- Responding and understanding causes of anger

Week 6: Emotion Coaching Now & in the Future

- Parenting-Styles
- Emotional self-care
- Celebration and certificates

Registrations to headspace Kempsey:
6539 3450

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