



# Youth EQ® Workshop Dec 08

**HAPPY Teens, HEALTHY Teens**

Therapy-Coaching

## HAPPY GROWING! 为未来充电!

### Youth EQ Workshop 青少年 EQ 自我成长团体

#### \*4-Sessions Experiential Workshop\* to enhance EQ

Learn How To Be HAPPY & Make Responsible Choices in Life NOW!

- Coping with study stress, meeting expectations from others, bullying, peer pressure, depression, growing up issues have been some common causes of teen suicide.
- Main reasons why your teenage children feel "moody", "sad", "bored" are that they lack purpose in life, have no 'true' friends, don't know what true happiness is and have low EQ.
- Therefore, it is very important to get your child "learn to be happy", meet new friends, develop social skills, and most importantly, learn to enhance their EQ thru' FUN & EXPERIENTIAL games & activities
- So sign up for your child now for a **fulfilling experience your child may never forget!**

#### Who should attend?

- Primary 1 – Sec 3 teens who want to learn to be happier and make responsible choices in life.  
*Special: All parents of participants are invited to attend the 4<sup>th</sup> session evening parent-child session.*

### Programme Details

Format:	Highly interactive, fast and high-energy experiential learning approach
Contents:	Some highlights of the workshop include: <ul style="list-style-type: none"> <li>➤ <i>Self-discovery through experiential; games and activities</i></li> <li>➤ <i>Discover your strengths &amp; abilities (increase self-confidence)</i></li> <li>➤ <i>Developing social skills (who are your true friends?)</i></li> <li>➤ <i>Managing emotions through applying EQ</i></li> <li>➤ <i>Relaxation Exercise; experience being happy within</i></li> <li>➤ <i>Fun-filled team games</i></li> </ul>
Camp Venue:	21, Tyrwhitt Rd, Level 5, Foochow Building
Day, Date & Time:	Group 1 for P1-P3: 9, 11, 16 & 18 Dec (10am - 12.30pm) Group 2 for P4-P6: 9, 11, 16 & 18 Dec (2pm - 5pm) Group 3 for Sec 1-Sec3: 10, 12, 17 & 19 Dec (2pm - 5pm)   6pm - 7.30pm (Special Parent-Child Session)
Investment:	\$S150.00/pax; \$S120.00/pax for 2 persons if register by 10 Nov 2008 * Include costs of light refreshment & training materials.

### About the Trainer

#### Sean Liew, B.Bus(HRM) MSocSc(Counselling) PGD(SFBT)

Sean (a.k.a. Bear) is a therapist-coach with >10 years of experience in the area of individual, pre-marital and marital therapy, family therapy, parenting children & adolescents. Sean is a Certified Human Behaviour Consultant & he writes on a bi-monthly column on 'behavioural file' for *Motherhood* magazine. He is happily married with two children. | [www.Therapy-Coaching.com](http://www.Therapy-Coaching.com)

**For enquiries, please call Sean or 'bear' at 6396 7782 or email to [bcbear2@gmail.com](mailto:bcbear2@gmail.com) | Pls make cheque payable to 'Therapy-Coaching' mail it to 5B-4, Tyrwhitt Rd, S(207526) with the registration slip | Fax: 6396 7782 | Download form from [www.geocities.com/mindbody.coach/HappyGrowingYEQdec08.pdf](http://www.geocities.com/mindbody.coach/HappyGrowingYEQdec08.pdf) \*\* Confirmation only upon receiving of completed reg. form & payment.**

### Registration Slip YES! I would like to register for HAPPY GROWING Youth EQ® Workshop

Parent/Guardian's Name: (Dr/Mr/Ms) \_\_\_\_\_ NRIC: \_\_\_\_\_  
 Child's name \_\_\_\_\_ Age: \_\_\_\_\_ School Level : \_\_\_\_\_ Relationship to child: \_\_\_\_\_  
 Address: \_\_\_\_\_ S(\_\_\_\_\_) \_\_\_\_\_  
 Contact No: (Home) \_\_\_\_\_ (Office) \_\_\_\_\_ (Mobile) \_\_\_\_\_ Email: \_\_\_\_\_

#### Consent & Indemnification Agreement

I, \_\_\_\_\_ (Full name of Parent/Guardian) \_\_\_\_\_ (NRIC No.), hereby given permission for the above-named child/ward to attend "Smarten® Camp". I understand that the Organisers are not liable for all personal injuries, loss of property, sustained by my child/ward due to his/ her negligence or any other fault. I, the undersigned, have read this agreement and understand all of its items.

Signature of Parent/Guardian: \_\_\_\_\_

Date : \_\_\_\_\_