



Program: Esteemed Champions

A program for children who have been identified as having a low self-esteem and in need of assistance in identifying their strengths and accepting who they are. The facilitators work alongside the children providing guidance, encouragement and support to enhance their sense of self and assist them to recognise their strengths within and gain acceptance of who they are, therefore working towards taking charge of their own self-esteem.

This fun and engaging program uses various methods of therapeutic interventions including:

- Strengths Based Therapy
- Psycho education
- Emotional Focused Therapy
- Expressive/Art Therapy
- Interactive Learning
- Group conversation/sharing

Who is the Target: Children 11 - 12

Outcomes: Build resilience, discovering their strengths and embracing the greatness within,

Group Work: Yes

Duration of Session: 4 x 2 hours

How many sessions: 4

How many participants maximum and minimum per group: 10

Cost: Through negotiation

Includes

- 4 x 2 hour face to face sessions
- Two facilitators
- Administration costs
- Course resources
- 6 hours school/teacher/parents liaison time

What is required from schools? Venue, registration, referrals

To enquire further or make a booking please phone Donna Mahoney on 0414 480 934 or email adminteam@innatetherapies.com