



## Easter Holiday Workshops for 7-11 year olds



### **BOOST YOUR CONFIDENCE**

Full of tools, tips and strategies to help children feel more confident. Topics include how to stay calm and in control, how to use thoughts as well as our bodies to feel more confident and the importance of focussing on our strengths and achievements.

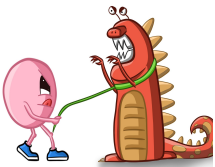
**Monday 9<sup>th</sup> April 10am-12.30pm**



### **WORKING OUT YOUR WORRIES**

An interactive workshop to show how worries can be managed effectively, allowing children to improve their performance and be more positive.

**Wednesday 11<sup>th</sup> April 10am-12.30pm**



### **DEALING WITH ANGER**

Learning how anger works, including lots of useful strategies to stop anger from taking over and ruining everyday life.

**Thursday 12<sup>th</sup> April 2-4.30pm**



### **FRIENDSHIP SKILLS**

Full of strategies to help make new friends, deal with difficult friends and handle disagreements. Ideal for children who are facing friendship challenges or problem friendship groups.

**Friday 13<sup>th</sup> April 3-5.30pm**

**Held at The Court House Berkhamsted HP4 2AX**

**Cost £37.50 per student per workshop**

Price includes a folder of all material plus drinks and refreshments

**The workshops will be run by Beth Parmar who has a wealth of experience working with children to improve their confidence and emotional wellbeing. To book please go to**

**<http://bethparmar.co.uk/programmes/brilliant-minds-workshops/>**

**or call Beth on 07775 565220.**