

November

WORKSHOP FOR TEENAGERS

INNER FITNESS FOR SUCCESS!
Approaching Life & Exams Calm & Confident



TUNE OUT of everyday life and **TUNE IN** to your inner strengths

BE MORE RELAXED even with BIG DEADLINES ahead

CONCENTRATE when necessary

CONTROL EMOTIONS (fear and anger) more easily

SLEEP more easily and more soundly

Use the **BREATH** to secure calming moments in times of anxiety or shock

POSITIVE self-talk to help **REACH GOALS** to the highest level

Who: Students aged 14 to 19 yrs

Where: Route de Tannay 26, 1296 Coppet

When: Saturday, November 2, 16, 23 and 30 (9:30 - 11:30)

Cost: 300 CHF

Workshop exercises based in Sophrology. Course includes notes and audio files for easy at home practice.

"I generally feel much less stress, even with big deadlines coming up. I am able to control my fear and anger much more effectively and concentrate when necessary" **IB1**

"The sophrology class got my mind off stressful things. It was a place and time to just forget about everyday issues" **IB2**

"I'm more relaxed during tests and I concentrate better while doing work" **IGCSE1, GRADE 11**

"The Sophrology course was not only great fun, but it really helped my nerves" **IGCSE2, GRADE 10**

FOR MORE INFORMATION OR TO REGISTER PLEASE EMAIL annette@trulybalance.com