



Teens are experiencing a lot at a young age:

Welcoming all to join a small group of fun-loving and eager teens, as we make it FUN to get to know ourselves better. We will look at becoming more aware and understanding ourselves, then accepting without judgement, and lastly enhance skills needed to feel stronger and happier.

Session description:

Using a combination of yoga, meditation/mindfulness, and counselling/coaching, we will address those life-things that teens in this age group are exposed to; providing them with 'tools' to be happy & strong! Fun exercises, books, music and discussions to help teens acknowledge their positive attributes, make healthy decisions and develop both socially and emotionally in a fun, loving, and safe environment.

There are enough challenges and worries as an adult. Let's equip our teens with all we can to help them feel strong and able.

~Another wellness enhancement program developed by JMJ Coaching~

Who?

13-15 year olds who would benefit from some extra confidence in managing life situations.

What?

-Further develop social and emotional skills

-Discuss social media and its impact on others

-Enhance self-awareness

-Learn coping skills for stress, tension & anxiety

When?

5 weeks- 1 session/week

45 minute sessions

Where?

310 Haslam Cres

Saskatoon, SK

Rates:

\$120 for 5-session series

Jenn Minor Johansson

www.jmjcoaching.ca

jenn@jmjcoaching.ca

Facebook Page: "From the Boardroom to the Playroom"