

Hello High School

A FREE parent information session with author, speaker and Youth Coach, Claire Eaton.

Join Claire for an evening of practical information, strategies, tips and tools to help tweens transition to high school with more resilience, optimism, and confidence.

WHEN

6pm - 7:30pm Tuesday
26 November 2024

WHERE

Child and Parent Centre Dudley
Park Kooljack Street, Dudley Park

BOOKINGS

<https://parentingconnectionwa.com.au/event/claire-eaton-hhs/>

Enquiries:

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Parents and caregivers will learn more about:

- Teen brain changes and developmental shifts impacting transition to high school
- Executive function skills essential for organisation, time management and productivity
- Emotion regulation strategies helpful in managing and reducing STRESS, ANXIETY and WORRY
- Empowered think-tools required to navigate failure, disappointment and success too!
- Mindset and mood boosting tips needed to make the most of high school and new opportunities
- Social confidence and finding healthy teen friendships in high school

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