



Creative Empowerment For Teens





Are your
students/teens
sometimes
imbalanced and
nervous?

Are your
students/teens
sick often?



Do your
students/teens
suffer from school
anxiety and exam
pressure?



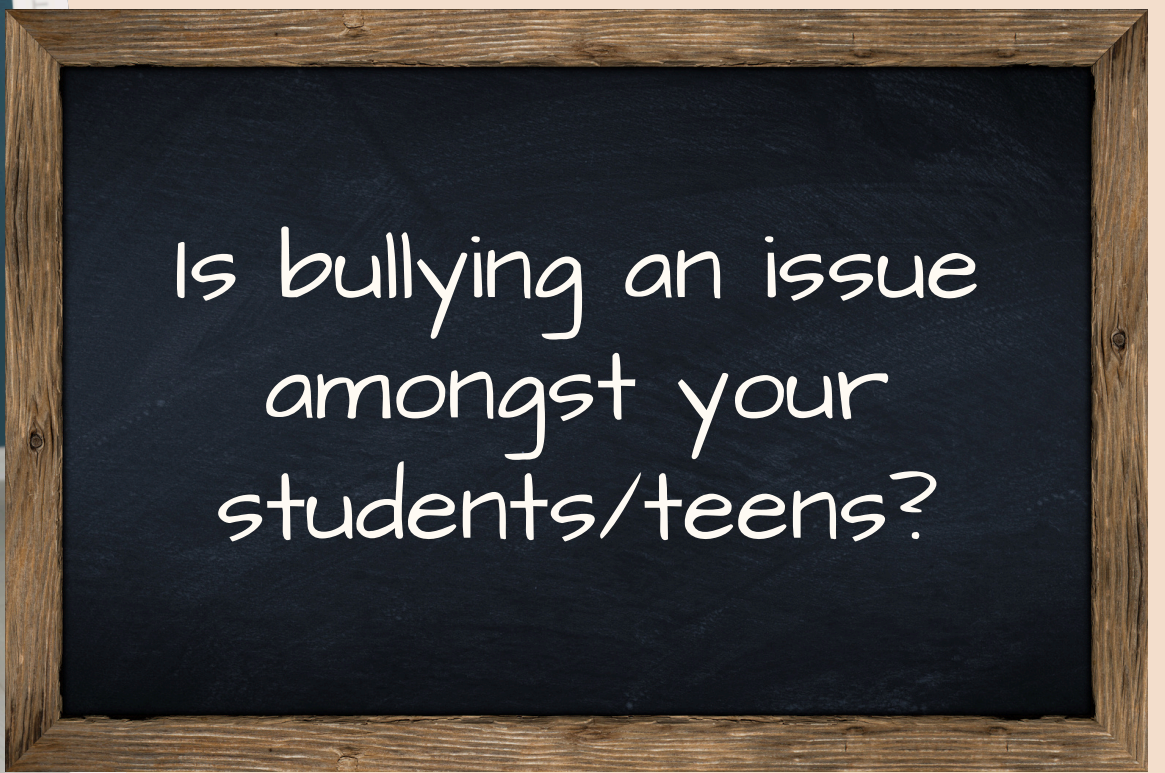


Do your students/teens make dangerous decisions due to peer pressure?

Do you wish your students/teens were kinder to each other and themselves?



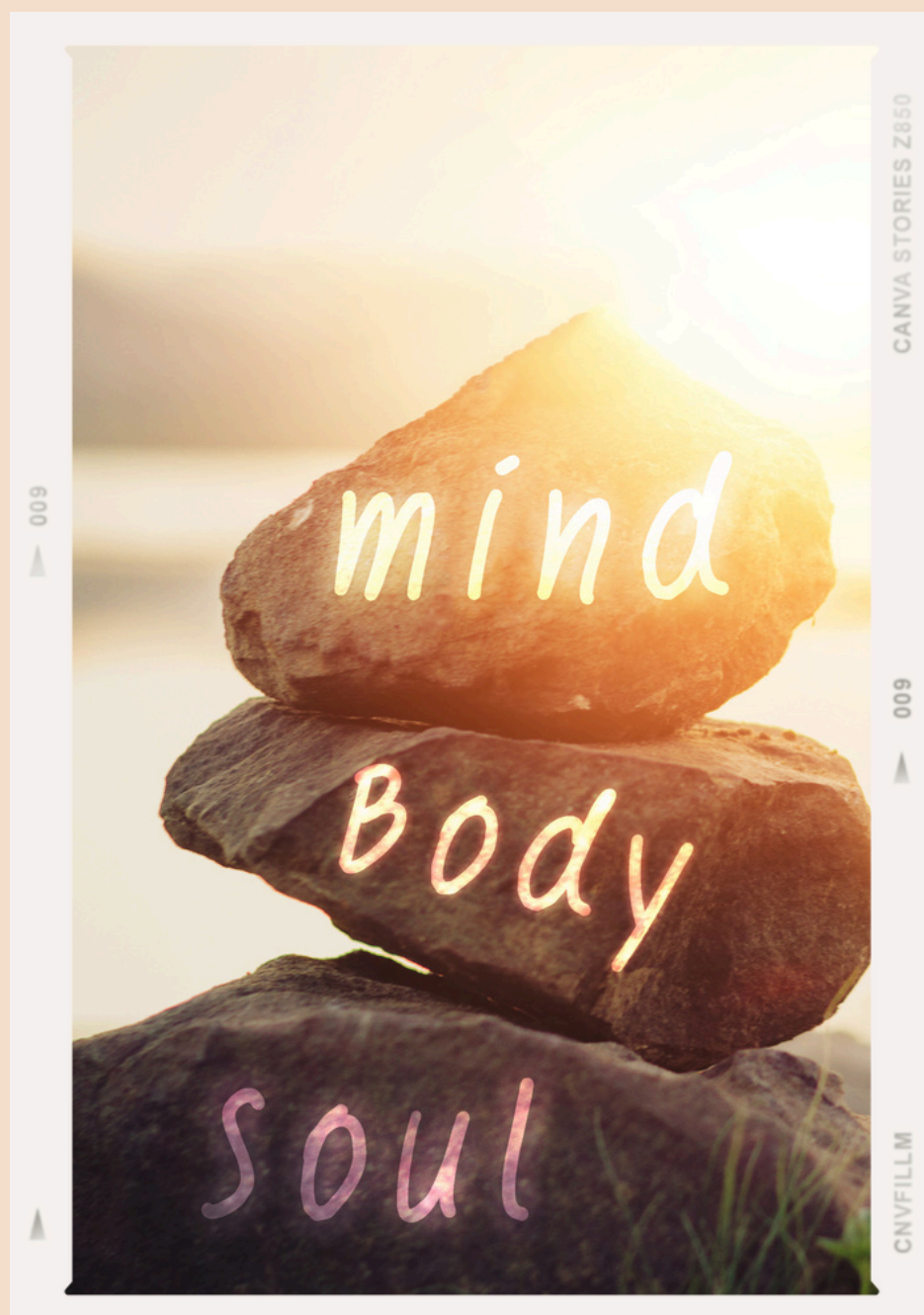
Do your students/teens struggle with regulating their emotions?





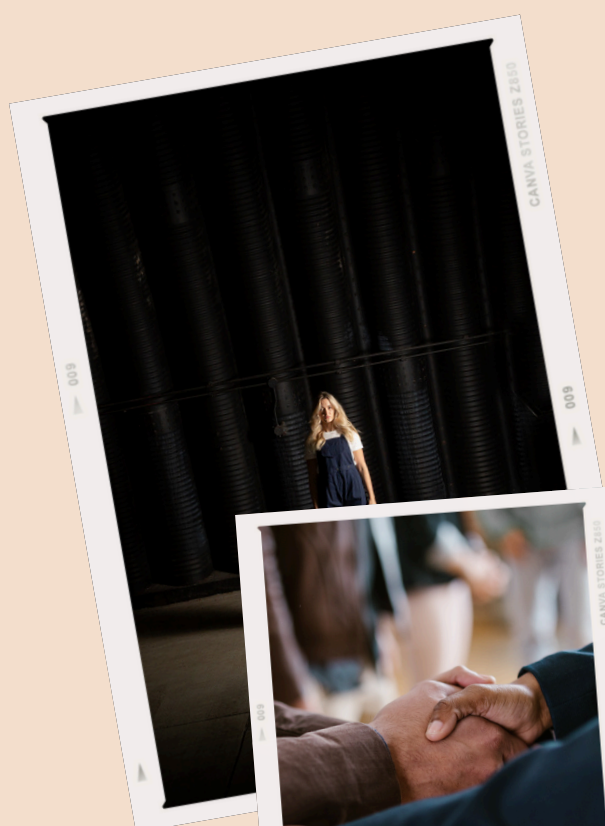
All courses include:

- > Introduction to mindfulness
 - > Breathing practices
 - > Emotional regulation
- > Mini mindfulness exercises
- > Tools for dealing with anxiety
 - > Guided Meditations
- > Drama / Improv exercises
 - > Stories



MIX AND MATCH FROM THESE TOOLS

Meditation
Mindfulness
Nature Art and Mindful walks
Creative Writing
Teambuilding
Improv Theatre
Drama Exercises
Storytelling
Roleplay
Mindset
Wellbeing
Communication strategies
Connection games
Music / Arts
Performance anxiety reduction
Voice training
Self esteem
Speaking with confidence



Why
mindfulness?



Increases
focus,
concentration,
learning and
memory



Empowerment
through
creativity!

Cultivates
kindness,
compassion and
awareness



Kindness

of being kind. the
much compassion
moving in for the



mind
body
soul

Self expression, Drama
and Mindfulness connect
body, mind, soul

Bite-sized steps
create
quick
improvement





Simple shifts
create
effective change!

Raises
awareness for the
beauty of the world,
treating environment
with respect



Our children are our future!

Only when our nervous system is regulated
we are open for learning!

Let us support children with tools to soothe
anxiety, fear and worry.

Let's help them to become happy,
empowered, kind and compassionate adults!





Why should you
work with me?



--> 13 years experience as public school teacher
(Music, Drama, English)

--> Accredited Creative Mindfulness Teacher
for Kids

--> Trained Drama Teacher

--> Strong personal mindfulness practice

--> Joyful approach

--> Lifelong learner



Inspiring
Creative
Kindness
Compassion
Patient
Non-judgemental
Various Approaches



Free
Discovery Call



Planning
Session(s)
(online or in-person)





Reach out
and
request a call
today!

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