

# Victoria Carlton's EQ4KIDZ

*(An Emotional Intelligence workshop for Kids aged 5-12 years old)*

*This course will help all children reach for the stars and maximise their full potential. Participation in this course will improve their academic results!*



**This course is designed to help children:**

- Reduce stress
- Make a happier child with a more positive attitude
- Increase self-esteem
- Understand and manage their feelings
- Develop strategies to handle frustration and anger
- Develop "I CAN" attitudes
- Establish healthy boundaries and become assertive
- Develop resilience
- Deal with bullies *(also available as a single module for schools)*
- Improve social skills and form appropriate friendships
- Increase personal motivation
- Form goals and develop the ability to "follow-through"

## **Course Details**

Victoria and her trained facilitators are present to conduct the course, thus establishing a nurturing, warm environment to help foster your child's EQ.

You will be given suggestions to help you put strategies in place in the home, and at the end of the course you will be given an appraisal of your child with suggestions for further improvement. You can also enrol your child at the **Genius Learning Hub** to continue to reinforce the nurturing.

Individual EQ follow-up counselling session conducted by Victoria Carlton is available at \$198.00 /hour.

Parents can also participate under "**EQ4Parent**" course which is taking place on the second day.

Schools should enquire about **WHOLE SCHOOL** rates for our workshops.

This course is available for licensing & for facilitators attending our teacher certification course.

*(A module from Victoria Carlton's Mastery Practitioner Course)*

## **Venue & Schedule (2 days)**

Harmony Seminar Room @ September 21's - No. 13 Toa Payoh Lorong 8, #04-05 Braddell Tech  
Saturday & Sunday, 17-18<sup>th</sup> September 2011 (9.30am - 4.30pm)

## **Early Bird Course Fee**

Early bird Investment for registration & payment by 31<sup>st</sup> August 2011. Add \$50.00 from 1<sup>st</sup> September 2011.

**FOS member                      \$328.00 per child**

**Non-member                      \$358.00 per child**

*(Limited vacancies, so please sign up early!)*

Strategies from this course were featured on the popular Australian-wide television programme:  
**TODAY TONIGHT**



*We believe that all kids are smart!*

No. 13 Toa Payoh Lorong 8 #04-06/05 & 06-12 Braddell Tech, Singapore 319261  
Tel: 6256 0226 Fax: 6256 7195 Email: info@september21.com.sg Web: www.september21.com.sg  
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