

WINTER IMMERSION PROGRAMME

SOCIAL GROUP PROGRAM

For students aged 16 - 22 years of age



DISCOVER YOUR SOCIAL GROUP!

SPEAK FREELY, SHARE
PERSPECTIVES AND FORM
EVERLASTING RELATIONSHIPS.

FIND YOUR TRIBE!



Total Communication
Changing Lives. Touching Futures

Contact us!

+65 9115 8895

**10 Winstedt Road, Block
A #02-01, SINGAPORE
227977**

Curated for both adolescents and teenagers from high schools (16-22 years of age), who are struggling to cope with everyday challenges

Dates: 15 Nov - 25 Dec, 2022

PARTICIPANTS WILL BE ASSIGNED CASE STUDIES TO DISCUSS, SOME ROLE-PLAYING AND TRADING INFORMATION DURING EACH SESSION

The program will comprise of:



6 sessions



12 Different Topics



Social Coaching & Peer-to-Peer Support



3-5 Attendees per Group



Instructions and materials provided for delivery each session



\$600* for 6 sessions (group)

**Different fees for paired sessions*

WEEK

SESSION TOPIC

1	ICE-BREAKER
2	SHARPENING COMMUNICATION SKILLS
3	MAKING A GOOD FIRST IMPRESSION
4	APPROPRIATE USE OF HUMOUR
5	USING COMMON SENSE
6	EXPRESSING YOURSELF APPROPRIATELY
7	SCREEN TIME
8	MAKING GOOD DECISIONS
9	HANDLING DISAGREEMENTS
10	HANDLING BULLYING/CYBERBULLYING
11	STANDING UP FOR YOURSELF
12	REFLECTION/TAKE AWAY



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