WINTER IMMERSION PROGRAMME

SOCIAL GROUP PROGRAM



For students aged 12 - 15 years of age

DISCOVER YOUR SOCIAL GROUP! SPEAK FREELY, SHARE PERSPECTIVES AND FORM VERLASTING RELATIONSHIPS. FIND YOUR TRIBE!



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+65 9115 8895

10 Winstedt Road, Block A #02-01, SINGAPORE 227977 Curated for both adolescents and teenagers from middle schools (12-15 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:





12 Different Topics



3-5 Attendees per Group

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Instructions and materials provided for delivery each session



Social Coaching & Peerto-Peer Support



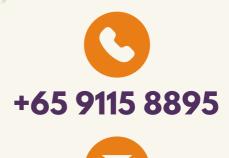
\$600* for 6 sessions (group) *Different fees for paired sessions

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	е
8	MAKING GOOD DECISIONS	
9	HANDLING DISAGREEMENTS	
10	HANDLING BULLYING/CYBERBULLYING	
11	STANDING UP FOR YOURSELF	



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REFLECTION/TAKE AWAY

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