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!





+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

# **NOV - DEC - JAN**



## 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



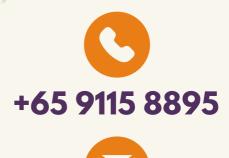
\$600\* for 6 sessions (group) \*Different fees for paired sessions

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	



## Total Communication

Changing Lives. Touching Futures





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**REFLECTION/TAKE AWAY** 

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