

SUMMER HOLIDAY



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 6011 8762

**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

FIND YOUR TRIBE!

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

The program will comprise of:



5 sessions



12 Different Topics



Social Coaching & Peer-to-Peer Support



Small Group Size



Instructions and materials provided for delivery each session



\$500* for 5 sessions (group)

**Different fees for paired sessions*

S. NO.

SESSION TOPIC

- | S. NO. | 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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