

**BACK TO SCHOOL**



# SOCIAL GROUP PROGRAM



For students aged 12 - 15 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 middle schools (12-15 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:



**10 sessions**



**12 Different Topics**



**Social Coaching & Peer-to-Peer Support**



**3-5 Attendees per Group**



**Instructions and materials provided for delivery each session**



**\$1000\* for 10 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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**enquiries@totalcommunication.com.sg**



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Scan the QR  
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