

NCEA RESILIENCE COACHING

DEVELOPING RESILIENCE AND EXAM PREP WORKSHOP

YEAR 11-13 STUDENTS

Internationally recognised, 'The Art of Learning' know "resilience", and are returning to HBHS to share their expertise.

This interactive research based course, run throughout NZ and internationally, is being offered in HBHS during the September school holidays.

Resilience is one of the most talked about topics in education right now. 2020 has tested everyone's limits. What do our students need, and how can we support them to succeed?

During this 1-day course. students will reset their thinking;

- about learning,
- how to study,
- what failure means,
- and how to change their reactions when things start getting tough.

They will:

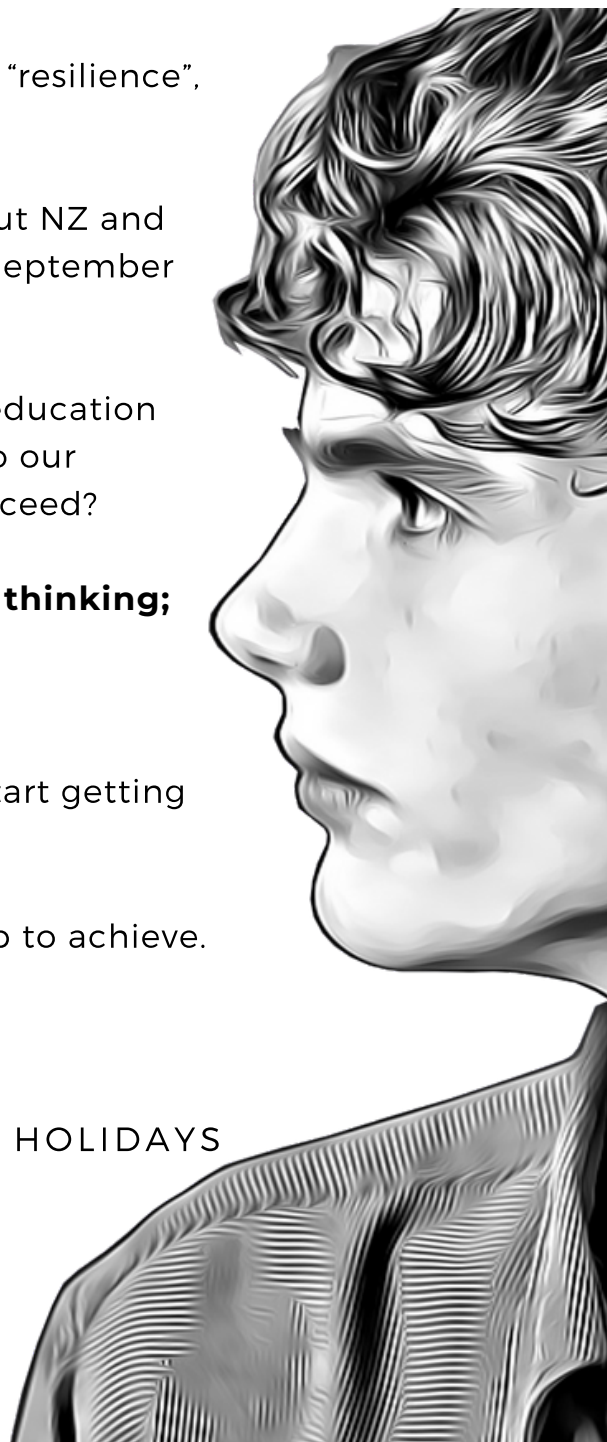
- gain tricks and tips to reset and set themselves up to achieve.
- Have fun
- develop life-long skills of resilience

WHEN: MONDAY 28TH SEPTEMBER SCHOOL HOLIDAYS

TIME: 8:30-2:30PM

WHERE: HBHS - STUDY CENTRE

COST: \$30 PER STUDENT



PLACES ARE LIMITED. BOOKINGS ESSENTIAL.

PAY AT THE SCHOOL SHOP TO RESERVE YOUR SPOT EARLY.



SUPPORTED BY HBHS AND THE ART OF LEARNING NZ

