

# Claire Eaton

ROC Mindset Coach for Youth & Parents

RESILIENCE OPTIMISM CONFIDENCE

brings HELLO HIGH SCHOOL presentations to your high school.

**Year 7 students** and their families will take away tween-friendly tools, knowledge and strategies needed to reduce stress and boost high school success in 2022 and beyond.

**Claire Eaton**, WA speaker, youth coach and author of **ROC and Rise** and **Hello High School**, will guide students through the BIG 5 – five practical strategies which boost high school (**roc**) resilience, optimism, and confidence from the inside out.

GOODBYE...



...stress, overwhelm + anxiety

## Must-haves

**THE BIG 5** teaches tweens how to :

1. Manage their mindset + emotions
2. Think in helpful ways and use perspective wisely
3. Handle change, challenges, setbacks and success too
4. Get sorted, feel organised and learn ways to be more productive
5. Find their fit, build healthy friendships and stay true to themselves

HELLO...



...friendship, mindset + success boosting tools

Welcome **HELLO HIGH SCHOOL** presentations to your high school.

▶▶▶ **ONE DAY - TWO SESSIONS**  
available to book Monday - Thursday

▶▶▶ **Student session**  
Year 7 students together  
90 minutes

▶▶▶ **Parent session**  
Unlimited numbers  
120 minutes, 6.30pm - 8.30pm

▶▶▶ **TIP!**  
School P&C's love to get involved,  
and welcome year 7s into high school!

PARENTS AND  
STUDENTS HEAR THE  
SAME INFORMATION,  
MAKING HIGH SCHOOL  
FEEL LESS STRESSFUL  
+ MORE ENJOYABLE

**Hello High School** ◀◀◀  
sessions are available  
in terms 1 + 2

**One school** ◀◀◀  
Cost - \$1800 + GST

**Claire's requirements:** ◀◀◀  
School contact person -  
Head of year / year 7 teacher  
Projector, screen and microphone  
Laptop prepared for USB

Want to know more? Be in touch with Claire or Mel from Claire's team  
[info@claireeaton.com.au](mailto:info@claireeaton.com.au) | 0427 100 371 | [www.claireeaton.com.au](http://www.claireeaton.com.au)

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“All the tools were simple to understand, so I used them heaps” - Emma

“It's good learning this together so we could help each other” - Jordan

“It took the pressure off me and my parents” - Ashley

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