

# Introducing *Claire Eaton*

Claire Eaton is a speaker, youth coach and author of two books for teens, Hello High School and ROC and Rise.

She is known for her practical and prevention focussed approach to teen wellbeing and is sought after for the real and relevant ways she works with young people and parents.

Claire began her career as a classroom teacher and deputy principal, which quickly lead to her deep interest in social, mental and emotional health.

In 2007 Claire left education to open her own youth coaching practice which is still supporting teens today.

Now, Claire draws on her rich experience to coach, write books for teens, and speak in schools and events.

Please join me as we welcome Claire...

*Claire Eaton*  
**ROC Mindset Coach for Youth & Parents**  
RESILIENCE OPTIMISM CONFIDENCE  
[info@claireeaton.com.au](mailto:info@claireeaton.com.au)