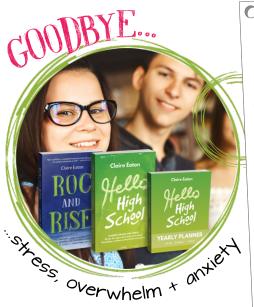


brings ROC in HIGH SCHOOL presentations to your high school.

**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.



## Must-haves THE BIG 5 teaches tweens how to: 1. Manage their mindset + emotions

- 2. Think in helpful ways and use
- Think in helpful ways and use perspective wisely
- 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



Welcome ROC in 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

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

**ROC** in 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 | 0427 100 371 | www.claireeaton.com.au

