

# Coming to Bunbury

8th December 2022

## Hello HIGH SCHOOL in 2023



Claire Eaton presents an evening of practical information, strategies, tips and tools for parents, helping tweens transition to high school with more resilience, optimism, and confidence.

**Thursday 8th December 2022 6.30-8.30pm**

Water's Edge  
42 Cobblestone Drive  
Bunbury

Tickets \$25 per person  
[www.trybooking.com/CCUBU](http://www.trybooking.com/CCUBU)

Claire draws on 30+ years' experience as a former educator and deputy principal and since 2007, in her role as a speaker, author, and private practice youth coach in Perth, WA.

Parents and care-givers will learn more about:

- ✓ Teen brain changes, developmental shifts & biological drivers beginning high school
- ✓ Mindset tools to develop resilience and cope with high school's ups and downs
- ✓ Emotional regulation techniques to reduce stress, worry and anxiety
- ✓ Mood boosting tips to enhance self-esteem and day-to-day joy
- ✓ Practical thinking strategies to handle change and challenges more easily
- ✓ Simple techniques to build productivity, manage time, and reduce overwhelm
- ✓ Teen friendships, drama and fitting in without forgetting what's important to them

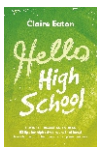
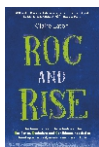
*"The experience, wisdom, practical insight and tips will help when the road gets a bit bumpy."* Rachel Stenslunde, Dean of Boarding St Hilda's

*"Claire's presentation certainly gave us the tools to deal with the challenges that will inevitably come their way."* Nic Italiano, Head of Year 7, Chisholm Catholic College.

*"Parents really appreciated having strategies to help their daughters make a successful transition to high school."*  
Clare Johansen, Dean of Community St Mary's Anglican Girls' School.



RAVE REVIEWS



## Claire Eaton

Author, Speaker, Youth Coach

[claireeaton.com.au](http://claireeaton.com.au)

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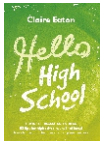
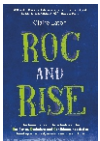
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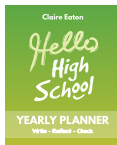
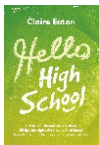
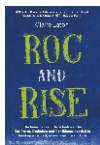
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