

Claire Eaton

ROC Mindset Coach for Youth & Parents

RESILIENCE OPTIMISM CONFIDENCE

Claire brings WA's only HELLO HIGH SCHOOL presentation to your primary school

Year 6 students only transition to high school once!
This is a great opportunity to learn tween-friendly tools, tips and strategies, needed to transition from primary to high school with less stress and more success.

Claire Eaton, WA speaker, youth coach and author of 4 books for teens, which guide students through practical strategies to 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

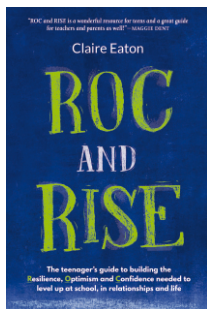
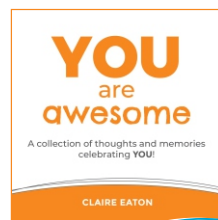
Welcome HELLO HIGH SCHOOL presentations to your primary school

➤➤➤ **ONE DAY - TWO SESSIONS:**
Available Term 4 Monday to Thursday
Book your school or collaborate with a neighbouring school

➤➤➤ **Student session:**
Year 6 students together
60-75 minutes, during the school day

➤➤➤ **Parent session:**
Unlimited numbers
90 minutes, 6.30pm - 8.00pm

➤➤➤ **Claire's requirements:**
School contact person - year 6 teacher
Projector, screen and microphone



Books for Teens

Want to know more?
Be in touch with Claire

ClaireEaton.com.au

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“This helped me feel less anxious” - Charlie

“Grateful I got this before I started year 7” - Elle

“Super helpful and it made the first term of high school so much easier” - Max

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