

BE ORGANISED in High School

STUDENT SESSION



Claire Eaton will be sharing a session with students in year 7-9, where she will teach practical teen-tested organising strategies, motivation tools, time-management routines and game-changing focus and productivity skills that will reduce overwhelm, stress, procrastination and anxiety to make high school so much easier.

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.

Save the Date

BE QUICK!
Only one session.
Limited tickets



Sunday 25th January 2026

1.30pm – 3pm
Subiaco, Perth

Booking link:
claireaton.com.au/events/

Students will learn:

ORGANISATION

- How to prioritise and balance sport, hobbies, friends and homework – to reduce anxiety
- Ways to manage time and build reliable routines – to decrease stress
- Six-step Sunday Set-Up tool – to lessen anxiety and meltdowns
- Stop, drop, sort and re-set technique – to minimise overwhelm
- Chunking, ordering, estimating & planning tools – to diminish meltdowns

PRODUCTIVITY

- Homework and study techniques – to make the most of time
- Getting work done when motivation is absent – to start or finish the task on time
- Managing distractions – to procrastinate less
- Time-management strategies – to work smarter not harder
- Mindset techniques to manage mood – to build regulation skills

MOTIVATION

- Motivation when something is hard or boring – to boost self-management
- 4-step self-reflection Q's – to trigger feel-good chemicals
- 5, 10, 15- work minute sprints – to build focus and concentration
- Progress over perfection – to push effort and completion

STUDENT REVIEWS

"I am stressed a lot, so this will help me to do organising things you talked about, to be less stressed."

"This is the best thing I have ever learnt to help me get organised, thank you."

"The way you explained motivation made so much sense. I didn't realise why it was so hard to get motivated, now I do."

"I like everything about this session. You made it all so easy to understand."

"Best part was the managing my time to stop stressing."

"So good, thanks for showing me how to get everything done in the morning so I don't stress so much."

"I liked how the steps were easy to follow and you made each part make sense."



- ✓ No group work
- ✓ No public speaking
- ✓ No pressure

Resources for high schoolers

Claire Eaton

Youth Coach • Author • Speaker • Mentor

claireaton.com.au

