

Starting HIGH SCHOOL in 2027



Claire Eaton presents an evening of practical information, strategies, tips and tools for year 7 parents helping tweens transition to high school with more Resilience, Optimism, and Confidence.

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.



Monday 25th January 2027

1 - 2.30pm

Subiaco, Perth

Booking link: claireeaton.com.au/events/

**Student
Session
10am - 12**

Parents will learn ways to help tweens:

- ✓ Understand milestone brain changes which impact year 7 students
- ✓ Use year 7 to build strong foundational habits needed in year 8 - 12
- ✓ Build good friendships, reduce drama in friend groups and keep self-esteem buoyant
- ✓ Use thinking strategies to enable good decisions during inevitable ups and downs in year 7
- ✓ Practice mindset and mood boosting skills to navigate change and challenges in high school
- ✓ Understand and manage big emotions; stress, worry, overwhelm and anxiety at school and home
- ✓ Develop executive functions to enhance their independence (organising, time-management and motivation)

RAVE REVIEWS

"Thank you for your wonderful presentation. I know the parents came away feeling more empowered to support their child throughout the next couple of years." Luisa Rossi, Head of Wellbeing - Corpus Christi College

"Offering the parent session was a great choice. Our community can share the language and strategies for the most impact on our students' wellbeing." Michael Anderson, Deputy Principal - Mazenod College

"It was absolutely wonderful to have you present last week - the feedback has been overwhelmingly positive." Susie Gill, Year 7 Pastoral and Academic Care Co-ordinator - PLC

"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

"Thank you again for your presentation last night. The parent feedback was phenomenal." Ian Thompson, Head of Pastoral-Student Wellbeing - St George's Anglican Grammar School

"Thank you so much for always sharing so much wisdom with our families. They absolutely loved your knowledge." Rachel Stenslunde, Dean of Boarding - St Hilda's



**Resources
for high
schoolers**

Claire Eaton

Youth Coach • Author • Speaker • Mentor

claireeaton.com.au

