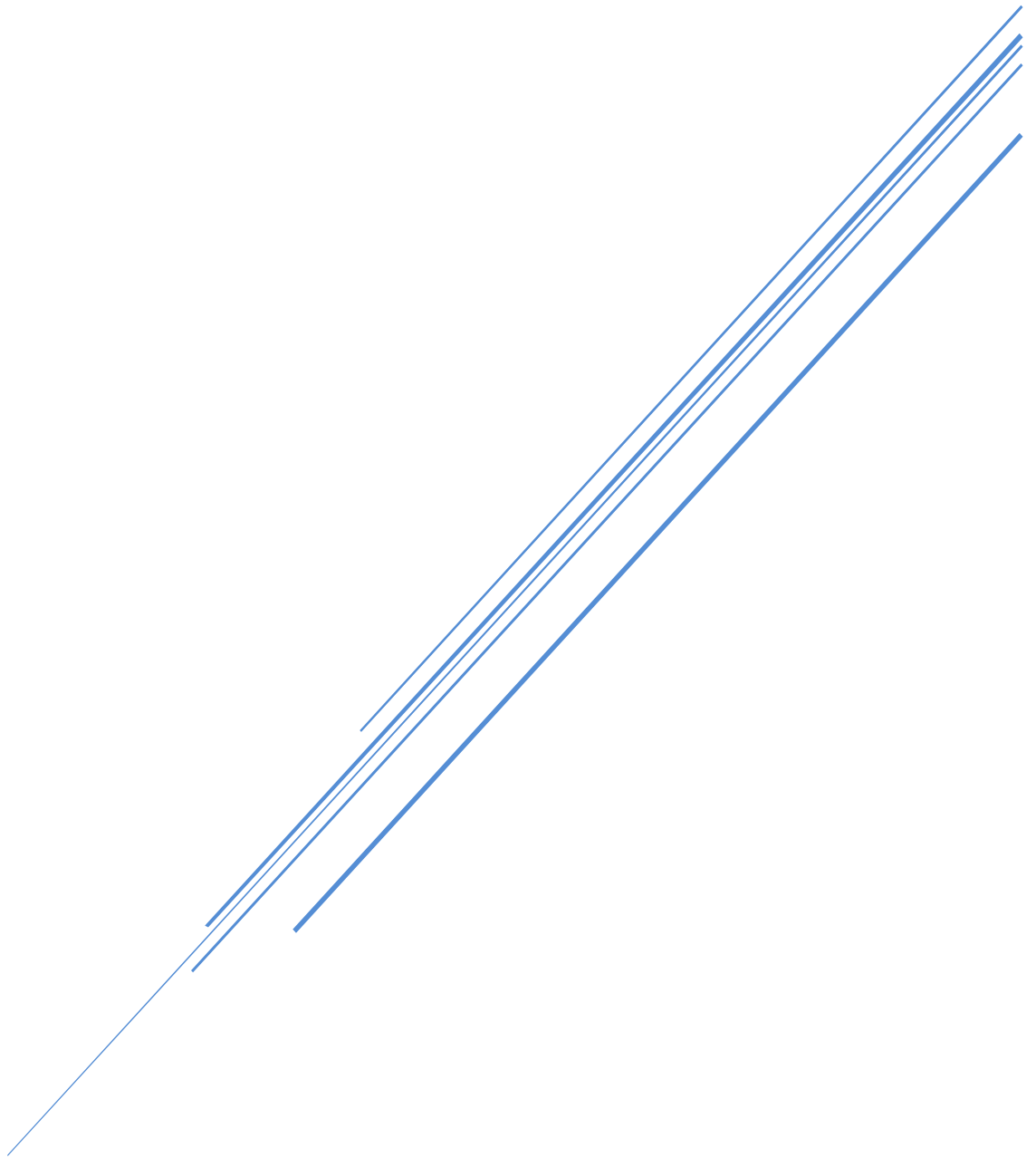


SUCCESSFUL LEARNING SOLUTIONS

TEEN PACKAGE COURSE OVERVIEWS



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ABOUT THE TRAINING PROVIDER

At Successful Learning Solutions (Ltd) we have a proven track record of achieving results for our clients in the field of Learning and Development. But most of all, we have a love and passion for enabling growth and success by creating a desire in our learners to enhance their knowledge, skills, talents and abilities.

As a young child takes opportunities every day to learn, grow and develop their knowledge, skills and talents - we believe this passion for learning should never stop! And with us, it never does!



Our journey started in South Africa, assisting and consulting with many Financial Services Corporates, Business Schools, Community Colleges and local previously-disadvantaged communities. We developed sought-after business and workplace qualifications as well as other personal development and digital specific training. As Accredited Assessors and Moderators registered with the South African Qualifications Authority, we assisted many previously disadvantaged community members (from Teens to Grandparents!) to receive the benefits and self-fulfillment of obtaining formal qualifications.

Now based in Edinburgh, United Kingdom - with Teams in 3 different countries, Successful Learning Solutions continues to offer proven and effective Learning Solutions on an international basis – including helping our Teens grow in their Learning & Development.

Here are some examples of how we support learning:

1. **Universities** and **Colleges** use us to design and deliver skills training on an **Associate** basis
2. Other **Training Providers** contact us when they require experienced Trainers to support them on an **Associate** basis
3. **Corporates** and **businesses** contact us to increase skills development within their organisations
4. The **general public** enroll on our training courses via our [online store](#), or through [REED](#).

We offer face-to-face and live tutor-led virtual training covering the following areas:

- ✓ Management Development
- ✓ Customer Service
- ✓ Personal & Team Development and Effectiveness
- ✓ Personal Well-being
- ✓ Communication Skills
- ✓ IT Skills

Please view our website for further details: www.SuccessfulLearningSolutions.co.uk

TRAINING DEVELOPMENT & DELIVERY

Our courses are high impact, fun and bespoke to the needs of our teen clients. We skillfully adapt the delivery of the course to the needs of our class and learner profile. We like to keep learning fun and always create a safe environment conducive to teen learning.

Although our courses vary in length, modules can be delivered across half-day sessions – if preferred.

Suggested timings of sessions are:

- **AM Only:** 09h30 to 12h30 (this includes a 15min tea-break)
- **PM Only:** 13h00 to 16h00 (this includes a 15min tea-break)
- **Full day:** 09h30 to 16h00 (this includes two 15min tea-breaks and 45min lunch)

Evening and Saturday classes can also be accommodated – if required.

Class delivery takes place predominantly through a variety of the following medium, methods and activity types – irrespective of whether F2F or Virtual learning is scheduled:

- Fun active conversations
- Video clips
- Group work (f2f and virtual)
- Research & interviews
- Role-plays
- Fun and practical homework assignments.

Skillful facilitation techniques focus on fun, practical and relevant activities which drive meaningful conversations and learning within a safe learning environment. This accommodates various learning styles, preferences and abilities while at the same time increasing both memory retention, confidence and practical skills.

Our Teen package is the perfect solution to helping our Teen community grow in their love for learning while gaining valuable knowledge and skills to help them progress at school, further studies and in their own personal interests. It is also the perfect solution to keep bored minds occupied during holidays and weekends! They will also meet others who have a similar interest in their topics of choice.

All teen learners will receive a formal certificate of attendance, which will hold weight on their cv in the years to come.

All sessions are **virtual**, via Zoom. A stable internet connection and quiet learning area would be required by teen learners. Sessions can be accessed via a Zoom or Teams link at home via their laptop / mobile device or tablet.

TEEN PACKAGE COURSES ON OFFER

(*) Represents new courses released Oct'21

CATEGORY	COURSE TITLE	DURATION	DELIVERY	WHO SHOULD ATTEND?
TEEN PACKAGE CLICK HERE FOR OVERVIEWS	Story-writing, learn how to create a dynamic plot*	1 day	Virtual	Do you get writers-block when you have a story-writing assignment? Learn how to create interesting character profiles and irresistible plot-hooks in this fun and creative course
	Writing an effective article*	1 day	Virtual	A great interactive and fun way of increasing your article-writing skills.
	How to write and publish a great novel*	1 day	Virtual	This course is designed to help teenagers who are curious about starting a novel. It covers key concepts in writing skills, storytelling, and publishing. Whether it be for a personal project, or prospecting a future career, this course is a fun kickstart into publishing a novel
	Develop your creativity with Dungeons and Dragons*	1 day	Virtual	Creativity. Problem solving. Abstract thinking. Collaboration. Empathy. Confidence. These are incredible life-skills taught through playing this on-line game. Learn great techniques and tips to master these skills while having fun!
	Understanding PC Hardware*	1 day	Virtual	PC Hardware is a study of the basic assembly, maintenance, and repair of micro-computer systems. A computer is broken into components such as system board, video, memory, storage, multimedia, networking, and printers. In this course you will learn how to assemble computer components, choose the right components, learn how each part interacts with each other. We will also delve into different ports and computer accessories that are available
	Navigating Windows 10*	½ day	Virtual	The target audience of this course is teenagers who are looking to gain a better understanding of how to operate their Windows 10 computer. Whether it be for work, play or both, this course will help you to setup an optimal computer environment

TEEN PACKAGE CLICK HERE FOR OVERVIEWS	Navigating Windows 11*	½ day	Virtual	The target audience of this course is teenagers who are looking to gain a better understanding of how to operate their Windows 11 computer. Whether it be for work, play or both, this course will help you to setup an optimal computer environment
	Google Suite overview*	1 day	Virtual	The Google Suite is perfect for managing your online schedule, data, tasks, and so much more. In this course you will get to understand the different aspects of Google and how it can assist you in your school or college assignments and studies. We will create a work environment that makes studying and projects easy. Get ahead of your competition, get started with Google!
	Learn how to SWAY!*	1 day	Virtual	Sway is a GREAT presentation program that is part of the Microsoft office suite. With Sway, you can create and share interactive reports, presentations, personal stories, and more. Its built-in design engine helps you create professional and fun designs in minutes. With Sway, your images, text, videos, and other multimedia all flow together in a way that enhances your story. In this course, we'll show you how to have fun making impressive presentations using Sway, whether you're creating Sways from existing documents or from scratch
	Impress with PowerPoint*	1 day	Virtual	Are you interested in getting ahead of your classmates? Would you like to create presentations that impress your teachers and others? In this course, we show you how to showcase your presentations in an effective and impressive way. We will also be diving into fascinating features that PowerPoint has to offer
	Microsoft Excel Basics*	1 day	Virtual	This playful course covers the very basics of using excel in the perspective of creating a unique character. By covering basic formulas, you will dip your toes into the very basics of programming – and ensure you are prepared to tackle any school assignments that come your way! This course can naturally be progressed to more advanced levels. Please view our Digital Skills courses for further options
	Microsoft Word Basics*	½ day	Virtual	Need to brush-up on your MS Word skills for your assignments? We will get you confident in using the tools MS Word has to offer. This course can naturally be progressed to more advanced levels. Please view our Digital Skills courses for further options
	Fundamental online services*	1 day	Virtual	This course is designed for teenagers with little to no exposure with online services. This course covers the basics of online services, what features you can leverage and how to be careful while using these tools

TEEN PACKAGE CLICK HERE FOR OVERVIEWS	Programming Part 1*	1 day	Virtual	The target audience of this course is teenagers who are looking to learn the basics of coding. Whether you are trying to learn coding for a pet project or taking your first steps into application development, this course will teach you the very basics as a kickstart into the EXCITING world of programming. By the end of Part 3, you will be able to create your own game, app or story generator!
	Programming Part 2*	1 day	Virtual	This is an extension of Part 1
	Programming Part 3*	1 day	Virtual	This is an extension of Part 2. At the end of Part 3 you will be ready for further advanced coding courses – and just in 3 days
	Dealing with isolation as a Teen*	½ day	Virtual	This course is designed to help teenagers to cope with distance from their peers during the covid lockdown – and beyond. It is especially valuable for those who are home schooling
	Coping successfully with stress*	½ day	Virtual	This course is designed for teenagers who would like to learn basic techniques in coping with stress or those who want to help their family / friends cope with stress
	Fighting procrastination, TODAY!*	½ day	Virtual	If you're thinking about taking this course another day – then this is the course for you!
	Learn to be more productive*	½ day	Virtual	This course will cover key principles to help you become a more productive and responsible teen
	Resilience, enduring with a purpose*	½ day	Virtual	Teens today are under incredible stresses, unknown just a decade ago. This course is designed to help teenagers to cope with difficult emotional stress. To not just survive each day, but to endure with a purpose - enjoying life despite emotional strain
	Manage your money effectively*	½ day	Virtual	This course is designed to help teenagers learn how to manage their income. As your skills increase and you start earning your wage, we will help you budget your growing income responsibly
	How to manage your time better*	½ day	Virtual	As individual responsibilities increase, it's critical that young adults learn how to spend their time wisely. This course will help you learn how to make the best use of your time
	Empathy, Power Through Perspective*	½ day	Virtual	This course is designed to help teenagers learn about empathy. This lesson will help you to learn what empathy means and how it can help you make friends, cope better with difficulties, reduce stress and even make you a happier person

TEEN PACKAGE CLICK HERE FOR OVERVIEWS	Find and boost your motivation*	½ day	Virtual	Are you battling to find or keep your motivation? Lack of motivation is something very few people are immune to. This course covers key principles that can help you maintain motivation consistently as a teen
	Coping successfully with change*	½ day	Virtual	Change is constant – yet it is one of the largest factors causing stress among teens today. This course will help teenagers cope with sudden and constant change. Whether it be moving away from your friends, dealing with the covid pandemic, or starting your first job – we will help you reduce the impact that change may have on your life
	Self-Control, outdated or under-valued?*	½ day	Virtual	This course is designed to help teenagers discern the importance of self-control. Whether it be handling money, building friendships or even diet, we will help you learn what self-control means and how it can benefit you as a teen – and later in life
	Dealing with my mistakes positively*	½ day	Virtual	We all make mistakes – but how we deal with them, particularly as a teen will shape how we deal with them as adults. This course is designed to help teenagers manage their mistakes. As you take this course, you will learn how you can make the most of them and learn from your mistakes
	How can I conquer shyness?*	½ day	Virtual	Helping teenagers view shyness in a better perspective, will build their confidence. This course will help you understand the difference between quietness and timidity, how you can gain confidence and how you can make friends despite shyness
	How to handle perfectionism*	½ day	Virtual	This course is designed to help teenagers view perfectionism in a better perspective. This course will help you understand the difference between obsession and diligence and how you can gain balance in expectations of yourself and others
	Prevent burnout as a Teen*	½ day	Virtual	It is vital for teenagers to understand and avoid the risks of burnout. This course will cover various topics on what causes burnout, how to avoid burnout and how burnout affects you
	How to conquer negativity?*	½ day	Virtual	This course is designed to help teenagers tackle negativity. With the constant pressures teens are facing daily, we will help you to tackle negative thinking in a realistic and positive manner

TEEN PACKAGE CLICK HERE FOR OVERVIEWS	Build public speaking confidence*	1 day	Virtual	Do you find it difficult to talk in front your class or even crowds? In this course, we will show you how to overcome public speaking anxiety and give you tips on how to speak to an audience. We will cover mind management techniques that will help you be a confident speaker
	Optimal nutrition for peak learning*	½ day	Virtual	This course is designed for students who want to perform their best with either home schooling or attending a public / private school. With all the demands on young students today, this course will provide them with amazing tools to help them feel as that they are in control of their goals at school. This will be an encouraging and interesting interactive experience
	Tips on how to learn effectively*	1 day	Virtual	Do you want to improve your study skills? Problems with procrastination? Don't know where to start? Afraid of missing something important? Would you like to have more free time? Let us introduce you to proven studying techniques that will assist you in time management, study- skills, brain function and so much more. Learn smarter, not harder!

COURSE OVERVIEWS

TEEN PACKAGE

Story-writing, learn how to create a dynamic plot - (Teen Package) (FULL-DAY)

Do you get writers-block when you have a story-writing assignment?

Learn how to create interesting character profiles and irresistible plot-hooks in this fun and creative course.

This Beginner-Level creative workshop will help you to:

- 🕒 Structure a dynamic plot
- 🕒 Define your genre
- 🕒 Create interesting characters
- 🕒 Create irresistible plot hooks
- 🕒 layer scenes and events
- 🕒 Write attractive dialog
- 🕒 Write descriptively.

Please note the following:

- 🕒 This course is full day
- 🕒 Attending this course will require a stable internet connection.

Writing an effective article - (Teen Package) (FULL-DAY)

A great interactive and fun way of increasing your article-writing skills.

This Beginner-Level creative workshop will help you to:

- 🌀 Define your topic
- 🌀 Identify your target audience
- 🌀 Research the subject
- 🌀 Write attractively
- 🌀 Induce credibility
- 🌀 Keep your reader's attention
- 🌀 Refine the material.

Please note the following:

- 🌀 This course is full day
- 🌀 Attending this course will require a stable internet connection.

How to write and publish a great novel - (Teen Package) (FULL-DAY)

This course is designed to help teenagers who are curious about starting a novel. It covers key concepts in writing skills, storytelling, and publishing. Whether it be for a personal project, or prospecting a future career, this course is a fun kickstart into publishing a novel.

This workshop will help you to:

- 🕒 Scope out a story
- 🕒 Create an outline
- 🕒 Practice key writing skills
- 🕒 Write your first chapter
- 🕒 Understand Editing, Concept Art and Cover pages
- 🕒 Understand the basics of publishing
- 🕒 Understand the importance of book marketing and book reviews.

Please note the following:

- 🕒 This course is full day
- 🕒 Attending this course will require a stable internet connection.

Develop your creativity with Dungeons and Dragons - (Teen Package) (FULL-DAY)

Creativity. Problem solving. Abstract thinking. Collaboration. Empathy. Confidence. These are incredible life-skills taught through playing this on-line game. Learn great techniques and tips to master these skills while having fun!

This exciting creative workshop will help you to:

- 🕒 Learn what D&D is and why it's become incredibly popular
- 🕒 Learn the rules and principles of dungeons and dragons
- 🕒 Create an exciting adventure for you and your friends
- 🕒 Develop a story with a thrilling plot
- 🕒 Setup fascinating player characters
- 🕒 Find everything you need for in person play
- 🕒 Setup everything you need for online play.

Please note the following:

- 🕒 This course is full day
- 🕒 Attending this course will require a stable internet connection.

Understanding PC Hardware - (Teen Package) (FULL-DAY)

PC Hardware is a study of the basic assembly, maintenance, and repair of micro-computer systems.

A computer is broken into components such as system board, video, memory, storage, multimedia, networking, and printers.

In this course you will learn how to assemble computer components, choose the right components, learn how each part interacts with each other. We will also delve into different ports and computer accessories that are available.

At the end of this course, you will be able to:

- 🕒 Understand various pc components, and what they do
- 🕒 Know how to install pc components
- 🕒 Identify a computer's hardware, software, and firmware
- 🕒 Identify and categorize inputs and outputs. Compare and contrast various connection interfaces and cables and know their purposes
- 🕒 Assemble your own computer!

Please note the following:

- 🕒 This is a full day course
- 🕒 No prior knowledge is required.

Navigating Windows 10 - (Teen Package) (HALF-DAY)

The target audience of this course is teenagers who are looking to gain a better understanding of how to operate their windows computer. Whether it be for work, play or both, this course will help you to setup an optimal computer environment.

This beginner-level software workshop will help you to:

- 🕒 Find all your hidden meme stashes in the file system
- 🕒 Install your favourite applications and games
- 🕒 Setup a focused study / play environment using multiple desktops
- 🕒 Switch to better network settings for lower latency
- 🕒 Understand core features of windows 10
- 🕒 Setup your preferred browser
- 🕒 Save all your passwords in one secure place.

Please note the following:

- 🕒 This course is half-day
- 🕒 Attending this course will require a stable internet connection. Having a second monitor is beneficial but not required.

Navigating Windows 11 - (Teen Package) (HALF-DAY)

The target audience of this course is teenagers who are looking to gain a better understanding of how to operate their windows computer. Whether it be for work, play or both, this course will help you to set up an optimal computer environment.

This beginner-level software workshop will help you to:

- 🕒 Find all your hidden meme stashes in the file system
- 🕒 Install your favorite applications and games
- 🕒 Setup a focused study / play environment using multiple desktops
- 🕒 Switch to better network settings for lower latency
- 🕒 Understand the difference between windows 10 and windows 11
- 🕒 Setup your preferred browser
- 🕒 Save all your passwords in one secure place.

Please note the following:

- 🕒 This course is half-day
- 🕒 Attending this course will require a stable internet connection. Having a second monitor is beneficial but not required.

Google Suite overview - (Teen Package) (FULL-DAY)

The Google Suite is perfect for managing your online schedule, data, tasks, and so much more.

In this course you will get to understand the different aspects of Google and how it can assist you in your school or college assignments and studies. We will create a work environment that makes studying and projects easy.

Get ahead of your competition, get started with Google!

At the end of this course you will learn:

- 🌟 How to create an effective working environment
- 🌟 Important ways to protect your data
- 🌟 How Google can aid your studying and research
- 🌟 How to plan, track, and organise your projects
- 🌟 Ways to create reminders for tasks
- 🌟 How to build great presentations
- 🌟 All about collaborating in real time.

Please note the following:

- 🌟 This is a full day course
- 🌟 No prior knowledge is required.

Learn how to SWAY! - (Teen Package) (FULL-DAY)

Sway is a GREAT presentation program that is part of the Microsoft office suite.

With Sway, you can create and share interactive reports, presentations, personal stories, and more. Its built-in design engine helps you create professional and fun designs in minutes. With Sway, your images, text, videos, and other multimedia all flow together in a way that enhances your story.

In this course, we'll show you how to have fun making impressive presentations using Sway, whether you're creating Sways from existing documents or from scratch.

At the end of this course you will be able to:

- 🕒 Add titles, use cards to lay out a storyline, choose a design, and determine navigation.
- 🕒 Create eye-catching Sways from existing documents or from scratch
- 🕒 Confidently remix Sways and share these with your friends
- 🕒 Use advanced Sway features to create impressive presentations.

Please note the following:

- 🕒 This is a full day course
- 🕒 No prior knowledge is required
- 🕒 Please ensure you have access to Sway.

Impress with PowerPoint - (Teen Package) (FULL-DAY)

Are you interested in getting ahead of your classmates? Would you like to create presentations that impress your teachers and others?

In this course, we show you how to showcase your presentations in an effective and impressive way. We will also be diving into fascinating features that PowerPoint has to offer.

Learn today, shine tomorrow.

At the end of this course, you will be able to:

- 🕒 Work comfortably with PowerPoint and many of its advanced features
- 🕒 Create sophisticated and well-organized PowerPoint presentations
- 🕒 Feel more confident when delivering presentations to the classroom
- 🕒 Create fully-animated and transition-filled presentations
- 🕒 Increase impact through graphs, videos and images.

Please note the following:

- 🕒 This is a full day course
- 🕒 No prior knowledge is required
- 🕒 Access to PowerPoint is required.

Microsoft Excel Basics - (Teen Package) (HALF-DAY)

Did you know that you can use Excel to program?

This playful course covers the very basics of using excel in the perspective of creating a unique character. By covering basic formulas, you will dip your toes into the very basics of programming – and ensure you are prepared to tackle any school assignments that come your way!

This course can naturally be progressed to more advanced levels. Please view our Digital Skills courses for further options.

This beginner-level Excel workshop will help you to:

- 🕒 Confidently navigate Excel's layout
- 🕒 Structure rows and columns into a detailed character sheet
- 🕒 Insert and format custom traits using the formatter
- 🕒 Link traits together using references
- 🕒 Create dropdown selections using cell formatting
- 🕒 Develop automated proficiencies using formulas
- 🕒 Save and share your unique character builder with your friends!

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection. Having a second monitor is beneficial but not required
- 🕒 Access to Excel is required.

Microsoft Word Basics - (Teen Package) (HALF-DAY)

Need to brush-up on your MS Word skills for your assignments?

We will get you confident in using the tools MS Word has to offer. This course can naturally be progressed to more advanced levels. Please view our Digital Skills courses for further options.

This Beginner-Level creative workshop will help you to:

- 🌀 Structure text neatly
- 🌀 Format text attractively
- 🌀 Style your document
- 🌀 Insert attractive illustrations
- 🌀 Define the document layout
- 🌀 Position pages precisely.

Please note the following:

- 🌀 This course is half day
- 🌀 Attending this course will require a stable internet connection
- 🌀 Access to Word is required.

Fundamental online services - (Teen Package) (FULL-DAY)

This course is designed for teenagers with little to no exposure with online services. This course covers the basics of online services, what features you can leverage and how to be careful while using these tools.

This Beginner-Level creative workshop will help you to:

- 🕒 Understand what an online browser is and what different types there are
- 🕒 Navigate safely through the internet
- 🕒 Save favourite websites as bookmarks
- 🕒 Setup basic Google services
- 🕒 Setup email and online file storage
- 🕒 Avoid online dangers
- 🕒 Understand online privacy.

Please note the following:

- 🕒 This course is full day.
- 🕒 Attending this course will require a stable internet connection.

Programming Part 1 - (Teen Package) (FULL-DAY)

The target audience of this course is teenagers who are looking to learn the basics of coding. Whether you are trying to learn coding for a pet project or taking your first steps into application development, this course will teach you the very basics as a kickstart into the EXCITING world of programming.

By the end of Part 3, you will be able to create your own game, app or story generator!

This Beginner-Level coding workshop will help you to:

- 🕒 Know what coding is
- 🕒 Understand the different programming languages
- 🕒 Understand what Python is
- 🕒 Setup a basic programming environment
- 🕒 Run Python shell commands
- 🕒 Learn Python fundamentals (Spacing and commenting)
- 🕒 Understand basic data types (string, Boolean and list)
- 🕒 Understand basic programming (variables, assignment statement, print).

Please note the following:

- 🕒 This course is full day
- 🕒 Attending this course will require a stable internet connection. Having a second monitor is beneficial but not required
- 🕒 We will help you download the relevant applications required for this course.

Programming Part 2 - (Teen Package) (FULL-DAY)

The target audience of this course is teenagers who are looking to learn the basics of coding. Whether you are trying to learn coding for a pet project or taking your first steps into application development, this course will teach you the very basics as a kickstart into the exciting world of programming. Ideally you would already have attended Part 1.

This Beginner-Level coding workshop will help you to:

- 🕒 Understand Python Glossary concepts
- 🕒 Research and troubleshoot Python exceptions
- 🕒 Learn Python Keywords
- 🕒 Create functional scripts using basic logic loops
- 🕒 Learn what JSON is and create JSON Dictionaries
- 🕒 Write your own unique functions.

Please note the following:

- 🕒 This course is full day
- 🕒 Attending this course will require a stable internet connection. Having a second monitor is beneficial but not required.

Programming Part 3 - (Teen Package) (FULL-DAY)

The target audience of this course is teenagers who are looking to learn the basics of coding. Whether you are trying to learn coding for a pet project or taking your first steps into application development, this course will teach you the basics as a kickstart into the exciting world of programming. Ideally you would already have attended Part 2.

This Beginner-Level coding workshop will help you to:

- 🕒 Create a complex script using multiple custom functions
- 🕒 Learn how to use Python libraries
- 🕒 Connect your scripts to online resources using API's
- 🕒 Understand Python Set Methods
- 🕒 Learn core Python operators
- 🕒 Create your own game, app or story generator!

Please note the following:

- 🕒 This course is full day
- 🕒 Attending this course will require a stable internet connection. Having a second monitor is beneficial but not required.

Dealing with isolation as a Teen - (Teen Package) (HALF-DAY)

This course is designed to help teenagers to cope with distance from their peers during the covid lockdown – and beyond. It is especially valuable for those who are home schooling.

This positive mental workshop will help you to:

- 🕒 Maintain a social connection despite distance
- 🕒 Find opportunity for personal growth in isolation
- 🕒 Maintain a productive routine
- 🕒 Preserve regular physical activity
- 🕒 Peruse constructive goals
- 🕒 Make the best use of your time.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

Coping successfully with stress - (Teen Package) (HALF-DAY)

This course is designed for teenagers who would like to learn basic techniques in coping with stress or those who want to help their family / friends cope with stress.

This positive mental workshop will help you to:

- 🕒 Understand what triggers stress
- 🕒 Understand the difference between positive and negative stress
- 🕒 Learn how stress effects the body
- 🕒 Put circumstances into perspective
- 🕒 Practice keys in coping with stress
- 🕒 Help others manage their stress
- 🕒 Live happy despite stressful conditions.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

Fighting procrastination, TODAY! - (Teen Package) (HALF-DAY)

If you're thinking about taking this course another day – then this is the course for you!

This positive mental workshop will help you to:

- 🕒 Identify what is procrastination
- 🕒 Eliminate the fear of failing
- 🕒 Prioritize important things
- 🕒 Organize for success
- 🕒 Create goals and plan ahead
- 🕒 Motivate yourself to achieve.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

Learn to be more productive - (Teen Package) (HALF-DAY)

This course will cover key principles to help you become a more productive and responsible teen.

This workshop will help you to:

- 🕒 Be motivated for success
- 🕒 Leverage powerful applications to help you organize tasks
- 🕒 Prioritize responsibilities reasonably
- 🕒 Identify choking points in your productivity
- 🕒 Remove distractions and focus on important tasks
- 🕒 Tune your environment for productivity.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

Resilience, enduring with a purpose - (Teen Package) (HALF-DAY)

Teens today are under incredible stresses, unknown just a decade ago. This course is designed to help teenagers to cope with difficult emotional stress. To not just survive each day, but to endure with a purpose - enjoying life despite emotional strain.

This positive mental workshop will help you to:

- 🕒 Understand the importance of resilience
- 🕒 Decern the true weight of a situation
- 🕒 Tackle distressing events with hope
- 🕒 Reduce emotional fallout
- 🕒 Push past negative paranoia
- 🕒 Maintain a positive outlook
- 🕒 Live confidently despite a painful incident.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

Manage your money effectively - (Teen Package) (HALF-DAY)

This course is designed to help teenagers learn how to manage their income. As your skills increase and you start earning your wage, we will help you budget your growing income responsibly.

This workshop will help you to:

- 🕒 Distinguish between needs and wants
- 🕒 Develop monetary self-control
- 🕒 Manage expenses responsibly
- 🕒 Build an automated budget
- 🕒 Prepare for unexpected expenses
- 🕒 Invest for the future
- 🕒 Reduce financial waste.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

How to manage your time better - (Teen Package) (HALF-DAY)

As individual responsibilities increase, it's critical that young adults learn how to spend their time wisely. This course will help you learn how to make the best use of your time.

This positive mental workshop will help you to:

- 🕒 Understand why effective time management is critical
- 🕒 Prioritize your responsibilities wisely
- 🕒 Leverage powerful applications to track and schedule tasks in advance
- 🕒 Set personal goals for self-improvement
- 🕒 Achieve your goals faster, leading to more personal time
- 🕒 Avoid burnout.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

Empathy, Power Through Perspective - (Teen Package) (HALF-DAY)

This course is designed to help teenagers learn about empathy. This lesson will help you to learn what empathy means and how it can help you make friends, cope better with difficulties, reduce stress and even make you a happier person.

This workshop will help you to:

- 🕒 Understand what empathy is
- 🕒 How to practice empathy
- 🕒 Understand people better
- 🕒 Build peaceful friendships
- 🕒 Reduce negative arguments
- 🕒 Enjoy the benefits of empathy.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

Find and boost your motivation - (Teen Package) (HALF-DAY)

Are you battling to find or keep your motivation? Lack of motivation is something very few people are immune to. This course covers key principles that can help you maintain motivation consistently as a teen.

This positive mental workshop will cover the following topics:

- 🌀 Focus on why, not just what
- 🌀 How to set realistic goals
- 🌀 Find your ideal environment
- 🌀 Supplement boring with fun
- 🌀 Idealize the reward
- 🌀 How diet and exercise affect motivation
- 🌀 Include your peers.

Please note the following:

- 🌀 This course is half day.
- 🌀 Attending this course will require a stable internet connection.

Coping successfully with change - (Teen Package) (HALF-DAY)

Change is constant – yet it is one of the largest factors causing stress among teens today. This course will help teenagers cope with sudden and constant change. Whether it be moving away from your friends, dealing with the covid pandemic, or starting your first job – we will help you reduce the impact that change may have on your life.

This positive mental workshop will cover the following topics:

- 🕒 Understanding how change affects you internally
- 🕒 Accepting reality for what it is
- 🕒 Make it an opportunity
- 🕒 Slow down the change, keep home at heart
- 🕒 Focus on what you can control
- 🕒 Prepare for change
- 🕒 Reduce shock with a familiar environment and routine
- 🕒 Look to the future, see the positive possibilities.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

Self-Control, outdated or under-valued? - (Teen Package) (HALF-DAY)

This course is designed to help teenagers discern the importance of self-control. Whether it be handling money, building friendships or even diet, we will help you learn what self-control means and how it can benefit you as a teen – and later in life.

This workshop will cover the following topics:

- 🕒 What is self-control?
- 🕒 How can self-control help me today?
- 🕒 Maintaining peace with friends and family
- 🕒 Avoid overspending with discipline
- 🕒 Escape encounters that might test your self-control
- 🕒 Preparation is the key to success
- 🕒 How self-discipline leads to a happier teen-life.

Please note the following:

- 🕒 This course is half day.
- 🕒 Attending this course will require a stable internet connection.

Dealing with my mistakes positively - (Teen Package) (HALF-DAY)

We all make mistakes – but how we deal with them, particularly as a teen will shape how we deal with them as adults. This course is designed to help teenagers manage their mistakes. As you take this course, you will learn how you can make the most of them and learn from your mistakes.

This positive mental workshop will cover the following topics:

- 🕒 Understand yourself and how you react to failure
- 🕒 Admitting your mistakes to yourself and others
- 🕒 How your attitude towards failure affects relationships
- 🕒 How your attitude towards failure affects self-improvement
- 🕒 How to make the most of your mistakes
- 🕒 Accept support from family and friends
- 🕒 Letting go of past disappointments.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

How can I conquer shyness? - (Teen Package) (HALF-DAY)

Helping teenagers view shyness in a better perspective, will build their confidence. This course will help you understand the difference between quietness and timidity, how you can gain confidence and how you can make friends despite shyness.

This positive mental workshop will cover the following topics:

- 🕒 The difference between quietness and timidity
- 🕒 Be realistic about your fears
- 🕒 Avoid comparing yourself with your peers
- 🕒 See your strengths, conquer timidity with boldness
- 🕒 Be observant, learn from it
- 🕒 How to sustain a compelling conversation
- 🕒 Make the most from mildness.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

How to handle perfectionism - (Teen Package) (HALF-DAY)

This course is designed to help teenagers view perfectionism in a better perspective. This course will help you understand the difference between obsession and diligence and how you can gain balance in expectations of yourself and others.

This positive mental workshop will cover the following topics:

- 🕒 What's wrong with perfectionism?
- 🕒 Be realistic, not perfect
- 🕒 How to accept positive criticism
- 🕒 How to have reasonable expectations of others
- 🕒 The benefits of diligence
- 🕒 Conquer the fear of failure
- 🕒 Find precision, not obsession
- 🕒 Less is more, find balance.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

Prevent burnout as a Teen - (Teen Package) (HALF-DAY)

It is vital for teenagers to understand and avoid the risks of burnout. This course will cover various topics on what causes burnout, how to avoid burnout and how burnout affects you.

This workshop will cover the following topics:

- 🕒 What is burnout?
- 🕒 How to identify unreasonable expectations
- 🕒 How sleep affects burnout
- 🕒 Avoid overstimulation for better productivity
- 🕒 Develop a supportive diet
- 🕒 Organize yourself for success
- 🕒 Focus on one thing at a time
- 🕒 Consider the long-term outcome.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

How to conquer negativity? (Teen Package) (HALF-DAY)

This course is designed to help teenagers tackle negativity. With the constant pressures teens are facing daily, we will help you to tackle negative thinking in a realistic and positive manner.

This positive mental workshop will cover the following topics:

- 🕒 What is negativity?
- 🕒 How do you view yourself?
- 🕒 How negativity affects your health
- 🕒 How negativity affects relationships
- 🕒 Keeping your thoughts in perspective
- 🕒 Avoid comparing yourself with others
- 🕒 Cultivate gratitude
- 🕒 Develop mindfulness.

Please note the following:

- 🕒 This course is half day
- 🕒 Attending this course will require a stable internet connection.

Build public speaking confidence - (Teen Package) (FULL-DAY)

Do you find it difficult to talk in front your class or even crowds? In this course, we will show you how to overcome public speaking anxiety and give you tips on how to speak to an audience. We will cover mind management techniques that will help you be a confident speaker.

At the end of this course you will be able to:

- 🕒 Gain Confidence when you address a group of people
- 🕒 Engage your audience
- 🕒 Know how to read your audience
- 🕒 Be an effective host
- 🕒 Learn how to influence from a stage
- 🕒 Know how to deal with stage anxiety
- 🕒 Know how to be “Centre of attention comfortable”
- 🕒 Overcome fears of public speaking.

Please note the following:

- 🕒 This is a full day course
- 🕒 No prior knowledge is required

Optimal nutrition for peak learning - (Teen Package) (HALF-DAY)

This course is designed for students who want to perform their best with either home schooling or attending a public / private school. With all the demands on young students today, this course will provide them with amazing tools to help them feel as that they are in control of their goals at school. This will be an encouraging and interesting interactive experience.

This workshop will cover the following points based on current research:

- 🍌 Smart food makes for smart students
- 🍌 Understanding ADHD
- 🍌 Balance my hormones using the food I eat
- 🍌 Best supplements for brain health
- 🍌 Protect your brain
- 🍌 Lunchbox ideas.

Please note the following:

- 🍌 This course is half day
- 🍌 Attending this course will require a stable internet connection.

Tips on how to learn effectively - (Teen Package) (FULL-DAY)

Do you want to **improve your study skills**?

Problems with procrastination? Don't know where to start? Afraid of missing something important?
Would you like to have more free time?

Let us introduce you to proven studying techniques that will assist you in time management, study-skills, brain function and so much more.

Learn smarter, not harder!

At the end of this course, you will know:

- 🕒 How to overcome some learning difficulties.
- 🕒 How to study effectively.
- 🕒 How to get more focus and better grades.
- 🕒 More about YOUR preferred learning-style
- 🕒 How to end procrastination.

Please note the following:

- 🕒 This is a full day course
- 🕒 No prior knowledge is required

CONTACT US

If you would like to book any training, or discuss how we can assist you / your project with any Learning & Development service, then please contact us as follows:

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