



Building Confidence

Addressing anxiety, social skills
and wellbeing

AREAS OF FOCUS

- UNDERSTANDING ANXIETY AND EMOTIONS
- SOCIAL COMMUNICATION
 - BUILDING RESILIENCE
 - PERSPECTIVE TAKING
- SIZE OF THE PROBLEM
- MANAGING ANXIETY
- GROWTH MINDSET
- COPING STRATEGIES
- BEING A TEAM PLAYER
- STRENGTH SWITCH
- SELF APPRECIATION
- IDENTIFYING TALENTS
- PERSONALITY PROFILING
- COOPERATION AND NEGOTIATION SKILLS

\$40/SESSION PER CHILD
MAXIMUM 5 CHILDREN PER GROUP

6 WEEK PROGRAM
WEDNESDAY

9:30AM - 10:15AM

10/11/2021-15/12/2021
CLAIMABLE THROUGH PRIVATE HEALTH
INSURANCE AND NDIS



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LIMITED AVAILABILITIES DUE TO
COVID-19 DENSITY LIMITS

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ADMIN@KIDSOT.COM.AU TO RESERVE YOUR PLACE TODAY