

Student Wellbeing Workshops



Ambitions Gymnastics specialise in the delivery of fun and engaging education sessions for young children. Our coaches have extensive knowledge and experience working with young children and in delivering unique and inspiring sessions.

We are excited to be launching a series of **Student Wellbeing Workshops** which have been designed to teach important life skills to children, providing valuable tools and knowledge to help them navigate challenging situations

Workshops are 60 minutes long and include a practical session

Cost £75/workshop

Resilience

- What is Resilience?
- Why is it important?
- Building resilience
- Practical session
 - Examples of resilience
 - Goal setting

Overcoming Fears

- What is fear?
- Why do we feel it?
- Overcoming fears
- Practical session
 - Practical mindfulness
 - Problem solving

Confidence

- What is Confidence?
- Growth Mindset
- Comfort Zone
- Practical session
 - Confidence exercises
 - Celebrating wins

To find out more or to book a session email georgina@ambitionsgymnastics.com