

Empower Your Teen To Be More

DYNAMIC CONFIDENT FOCUSED

The YES! (Youth Empowerment Seminar) Workshop

A 4-day workshop helping 13-18 years discover greater self-confidence, resilience and a set of tools that will carry them through all of life's ups and downs, through meditation, breathing techniques and interactive processes.

1-4 OCTOBER 2024
10:00 AM to 1:00 PM



Participants learn tools and skills to:

- Access a Stress-Free Mind at Any Time
- Boost Focus and Concentration for Test-Taking
- Explore Values such as Respect and Responsibility
- Enhance Leadership Skills through Team Activities
- Cultivate Better, Meaningful Relationships
- Increase Optimism

Presented by:



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For more information or to register, contact PWHC on 02 4721 8749