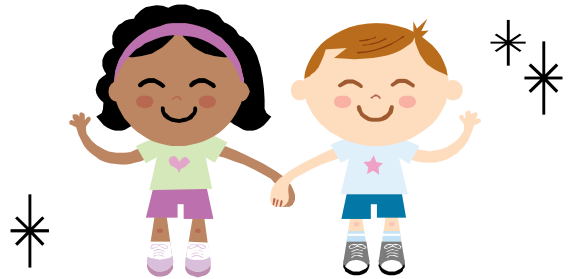


# I am Special, I am ME!

A school holiday programme dedicated to building a child's foundation for success !

## What is this workshop about?

A child's healthy self image provides the foundation to their succeeding in school and getting along well with their friends. Growing children's self esteem from a young age will give them a reservoir of resources that they need to bounce back from disappointments and failure at a faster rate. Learning from mistakes will also come more naturally instead of crushing the child emotionally.



## What will be the learning?

Children will learn how to:

- Identify and celebrate their strengths
- Use their strengths in daily life
- Grow a full Self Esteem Bank for themselves and others
- Combat various negative situations and support themselves
- Use their support network when needed

The learning points will be acquired through the use of games, role play, activities, music, and instruction by the trainer.

## Who should attend?

For children aged 6/7 to 8/9 years. (Primary 1 to 3 levels).

## Main Trainer:

Sophie Tay is a Counsellor and Trainer. She has a Master of Social Science in Professional Counselling from Swineburne University, Australia and is a certified Practitioner of Neuro-Linguistic Programming and Time Line Therapy. Sophie has trained for organisations such as Association of Women for Action and Research (AWARE) and Eagles Mediation and Counselling Centre. In addition, she has practised counselling at Mt Elizabeth-Charter Behavioural Health Services

## Workshop Details:

### Day and Date of workshop:

Tuesday, 17 March 2009

### Time:

8.30am – 1.00pm

### Venue:

Catholic Archdiocesan Youth Centre Hall  
No. 4 Lorong Low Koon  
Singapore 536450  
(Next to Morning Star's Hougang Centre / Opposite Holy Innocents Pr School)  
Tel: 62851377

### Fee:

- \$30 per child
- Siblings attending together: \$25 per child
- Morning Star's student care student: \$25 per child

**Registration Closing Date:**  
**Friday, 13 March 2009**

