



WORLD-CLASS KIDS LIFE COACH

COACHING FAMILIES TO LIVE AN INSPIRED LIFE

ZEAL CHALLENGE WELL-BEING WORKSHOP FOR FAMILIES

● ● ● Learn the 7 Secrets to Coaching your Family to Success ● ● ●

"WELL-BEING" IS A STATE OF HEALTH, HAPPINESS, SUCCESS & PROSPERITY

"FAMILY" IS ONE OR MORE ADULTS WITH LONG-TERM RESPONSIBILITY FOR ONE OR MORE CHILDREN

"ZEAL IS A FEELING OF ENTHUSIASM THAT MAKES SOMEONE DETERMINED TO DO SOMETHING"

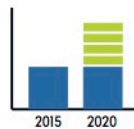
"CHALLENGE IS TO TEST SOMEONE'S ABILITY OR DETERMINATION"

WORKSHOP DETAILS

Every family deserves ongoing Happiness, Motivation and Inspiration. This isn't always possible with the stresses and strains of daily life. This unique workshop has been designed for Parents & children to attend together so that they can learn the skills for living a life filled with Zeal. Families are guaranteed to leave with a positive mindset and equipped with a practical toolbox for family success.

Includes: Workshop Materials, Take home Toolkit, Certificate of Completion... and lots of fun, play and laughter!

THIS FUN, INTERACTIVE AND EXPERIENTIAL WORKSHOP WILL GIVE YOUR FAMILY A TOOLKIT TO PREVENT MENTAL HEALTH RISK FACTORS FROM DEVELOPING



It is estimated that mental disorders in children will increase by 50% by 2020. (World Health Organisation)



Amount of adults that were diagnosed with mental health problems in childhood. (Mental health.Org)



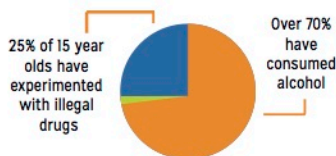
By 2020, there could be 100,000 children hospitalised each year because of self-harm. (Young Minds)

350
MILLION

People worldwide currently suffering from depression. (World Health Organisation)



There is one suicide attempt every 20 minutes by 10 - 19 year olds (Samaritans report on young people and suicide)



(Young People Mental Health Association)



Stress is linked to the six leading causes of death (American Psychological Association)

This Family Well-Being Workshop is presented by Zelna Lauwrens who is a World-Class Kids Life Coach. She has:



Lectured 850 University Students in the fields of Sociology, Inclusive Education and Behavioural Studies



Worked with children for 20 years



Influenced 9500 children as Teacher, Counsellor and Kids Life Coach



Authored 3 Books for children, teens & parents



Trained 250 professionals internationally to use her Kids Life Coaching Model



Presented 1 paper at the Global Childhood Conference at Oxford University

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