

Mindfulness Coaching For Teenagers

COURSE DETAILS

Teenage Girls go through many more transitions and are prone to more severe emotional trauma.

In this course you will work through 3 Parts:

- **Part 1:**
 - Healing from Within
 - Self Reflection processes
 - Self Healing
 - Yoga and Meditation
- **Part 2:**
 - Healing from Without
 - Body Care & Make Up
 - Dress Code reflects who we are
 - Body Language
- **Part 3:**
 - Healing from Source
 - Creative Visualisation & Vision Board Activities
 - Healing Manifestation Grids
 - Etiquette and Mindfulness

COURSE OUTLINE

- **The 6 Levels of Teen Girls Development**
 - Physical Quotient (PQ)
 - Mental Quotient (IQ)
 - Emotional Quotient (EQ)
 - Awareness Quotient (AQ)
 - Mindful Quotient (MQ)
 - Spiritual Quotient (SQ)
- **Hatha Yoga (Theory & Practical)**
- **The Benefits of Breathwork (Theory & Practical)**
- **The Power of Sound (Practical & Theory)**
- **Tai Chi QIGong Healing**
- **Energy Healing through Reiki**
- **The Effects of Pressure Points (Practical & Theory)**
- **Self Healing**
- **Vision Board & Creative Visualisation**

OUTCOME

You will be able to coach and guide teen girls to :

- Manage their state of happiness
- Manage their levels of stress
- Understand what is happening to them physically, mentally and emotionally
- Heighten their Awareness
- Expand their connectedness
- Increase their intuitive abilities
- Become centered and calm
- Understand who they are



PRE-REQUISITES

Being computer literate is required as manuals are accessed via our online eLearning website.

WHO SHOULD REGISTER

Anyone working with Teenage Girls 13 to 18years. Educators, Teachers, Social Workers, Occupational Therapists, Psychologists, Guidance Counselors, Mentors

COURSE DURATION

eLearning Program : 200 hours

QUALIFICATION

NQF Level 5
Mindfulness Coaching for Teen Girls
SACE CPTD Credits: 15 points

COURSE FEES

eLearning ZAR R2200 | Onsite ZAR R4950
Check dates for onsite courses at UJ or contact us for custom onsite courses

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REGISTER ONLINE

A TEACHER TRAINING COURSE