



Kids NLP Scotland

New summer workshops launched this year for all ages

Fun, informative, practical workshops designed with a unique blend of accelerated learning techniques and neuro linguistic programming to build your child's emotional intelligence, self resilience, and communication skills helping them become more confidence: including short relaxation sessions to help them manage their emotions and well being.

A must for the summer schedule!

Register your interest for the workshop that suits your children on www.kidsnlpScotland.co.uk and a booking form will be sent securing your child's place in what promises to be a super way to enhance your child's development during the summer break.

www.kidsnlpScotland.co.uk

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Kids NLP Scotland

Summer workshops in association with Kb-Insights – To book your child's place email Karen@kidsnlpScotland.co.uk or Tel 07837930714

The following workshops will be running during Summer 2011 in Edinburgh area. Each workshop will be held on 3 occasions over the summer holidays to enable you to work around family holidays & this year there are more workshops options for children aged 4- 14

Knowing Me - This is a 2hr workshop

Age 4-6

Date options – Monday 4th July 10-12noon
Tuesday 26th July 10-12noon
Friday 12th Aug 130pm-330pm

- Knowing yourself
- Reading others
- Sunny side of the street
- Being calm

This workshop is developed through games and activities to further develop the children's self awareness of themselves. It also works at honing their skills to relate to others. It helps them build their skills in anchoring to good memories to help them manage new situations. The use of stories and music helping them to still their mind and feel relaxed.

Price – £45

Venue central Edinburgh

Bounce Back - This is a 3hr workshop

Age 7-10

Dates Friday 8th July 10am-1pm
Tues 26th July 130pm-430pm
Mon 8th Aug 10am-1pm

- Managing frustrations
- Building resilience
- Feeling good
- Go for goal

This workshop is developing tools for using in life. Helping them to relax and manage their moods and emotions when facing challenges. Helping them increase their brain power and use their brains more skilfully to manage self doubt and build self belief. Building up self esteem through the use of positive language patterns and goal setting.

Price: £65

Mind Matters - This is a 3hr workshop

Age 11- 14

Dates Friday 8th July 2pm-5pm
Thurs 28th July 10am-1pm
Mon 8th Aug 2pm-5pm

- Mind over matter
- Managing change
- Coping with peer pressure
- Using assertive language to enhance communication
- Managing stress and anxiety through simple relaxation strategies

This is aimed for young people who wish to become more confident and assertive, helping them to find ways in which to become happier and relaxed in their own skin. Giving them time to explore and nurture their learning style. Through a range of interactive and fun techniques they will learn how their thinking impacts on how they feel and most importantly how to change things to improve their well being, thus knowing how to make things easier, where it counts – in LIFE.

Learning first hand some of the techniques famous sports personalities and actors use to help them perform to the best of their ability.

Price: £65