



OCT 19-23
everyday 09:00-16:00

ages 7-13yrs

375CHF/child

Geneva English School
Route de Malagny 36,
1294 Genthod

POWERFUL ME

Kids Assertiveness, Resilience and Self-protection Camp

This camp will teach your child how to develop the ability to think more accurately about situations they may find themselves in so they will be more likely to solve problems effectively, keep things in perspective and in turn enhance their optimism and confidence. Children will be taught tools to protect themselves against the mental impact and long term damage that bullying can cause!
Children will also learn how to de-escalate confrontations with bullies using verbal assertiveness and never to initiate any physical aggression. If physically aggressed by a bully, children will learn specialized techniques to non-violently neutralize the attack and gain control of the situation until help arrives.

CAMP OBJECTIVES

- Increase emotional awareness and intelligence
- Build self-efficacy and self-esteem
- Increase accuracy and flexibility of thought
- Recognize and dispute pessimistic thinking
- Increase verbal/physical assertiveness and negotiation skills (deflect and redirect)
- Provide techniques to neutralize attacks of larger children



STRENGTH



ASSERTIVENESS

for more information:

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