



ENTER THE ZONE! EMOTIONAL STRENGTH™ SERIES

BEING EMO STRONG™

Developing responsible youths with strength to self-manage and make responsible decisions, Being EMO Strong™ empowers students to be aware of their emotions and how they can take charge of them towards inculcating a healthy and successful life. Participants are equipped with personal skill-sets on how to manage their emotions and how to respond appropriately toward circumstances and people.

CONQUERING FEAR™

Knowing how to respond to and overcome fear is vital to guarding and growing a teenager's emotional health, setting them free to develop their social and academic lives. Conquering Fear™ empowers students to be aware of their fears and how they can overcome. Participants are equipped with personal skill-sets on how to manage and conquer their fears and panic attacks.

ANGRY NO MORE™

One of the key challenges faced by a teenager facing multiple responsibilities, expectations and challenges is that of managing the anger that arise. Angry No More™ empowers participants to come to terms with their emotions, and learn to deal with their anger, thereby setting themselves up to make responsible decisions and make right choices for successful and positive outcomes at home, at school and in their relationships.

BEAT THE STRESS™

Stress is a common problem faced by students in school, resulting in many being unable to come to terms with challenges that they face in their personal lives, relationships, academia and various situations. Beat Stress™ equips participants with the mindsets and skills to effectively manage the pressures and stress they face becoming healthy individuals who will be able to perform and thrive in times of pressure.

High Achievers Living : Leader In Character Development & Life Skills Education

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