



# Top-Kids Mentoring Program

## WorkShop Calendar 2019-20

Fridays evenings.

6:00 – 6:50 pm (5 to 8 year olds)

7:00 – 8:15 pm (9 to 13 year olds)

2019-20		
1.	September 13	<b>How To Build A Strong Mindset :</b> Perseverance and accepting what you can and cannot control
2.	September 27	<b>Overcoming Shyness :</b> Introversion vs extroversion and helping your child break out of their shell (self-expression)
3.	October 11	<b>Gratitude :</b> How to practice thankfulness and the benefits of gratitude
4.	October 25	<b>The Law Of Attraction:</b> How to attract positivity in your life
5.	November 8	<b>Demotivation and Lethargy:</b> Understanding the causes of demotivation and the importance of having passions
6.	November 22	<b>Family relationships:</b> Building strong family relationships and dealing with competition between siblings
7.	December 6	<b>Practice Of Self-Care:</b> Healthy mind, body and soul
8.	December 13 **	<b>Top-Kids Social Night</b> - movie and games
9.	January 24	<b>Stress and Anxiety:</b> Adopting a growth mindset and dealing with challenges
10.	February 7	<b>Jealousy And The Art Of Giving</b>
11.	February 21	<b>Approval Addiction:</b> How to stop seeking external approval and making the right friends
12.	March 13	<b>Teambuilding and Cooperation</b>
13.	March 27	<b>Emotional Intelligence :</b> Dealing with sadness and the impact of repressing emotions
14.	April 17	<b>Social Media Awareness</b>
15.	May 1	<b>Exam preparation:</b> Effective study skills and tips to get through exam period
16.	May 15 **	<b>Top-Kids Social Activity</b> - picnic party

**For registration or more information, contact us at  
topkidsmentoring@gmail.com**