



Coach Approach's Empowering Dynamics Educational Workshop

One thing that has been happening in schools for many years now is bullying. The fight against bullying can be very costly in both time and money if it is not corrected early in a child's life.

Bullying is an act of aggression and an abuse of power, which can take a number of forms such as verbal or physical abuse. Bullying can cause a person to feel scared, embarrassed and angry which can affect their sleep, work or studies, relationships and general happiness. Harassment & bullying of any kind are in no-one's interest and should not be tolerated, but if a student is being bullied or harassed it can be difficult to know what to do about it.

Our Empowering Dynamics program is designed to cover the issue of bullying and provide students with the confidence to perturb a potential bully as well as have the strength to walk away from conflict situations with their self esteem intact. A member of our elite team of Taekwondo athletes will demonstrate to your students about the different aspects of bullying and how it can be avoided. Students will see what it is like from both sides - to be bullied and the one bullying. Coach Approach will educate students on how quickly life can deteriorate for a person who everyday has to deal with the pressures of bullying from their fellow students. The program is designed to educate students so that they understand their fellow students and respect their differences rather than making them an issue.

As a secondary component to the workshop Coach Approach will also teach your students the art of self discipline, focus and control, as well as practical safe self-defense techniques. Our athletes will teach your students to become more confident with their ability to deal with potentially aggressive situations. We will assist your students in learning the right way to defend themselves in confrontational situations, with a strong focus on self-defense not retaliation.

Overall this is a great opportunity to demonstrate to students the effects of bullying and increase their knowledge and understanding of bullying. Coach Approach's elite athletes have a positive impact on students as they are well respected and looked upon positively. This will provide opportunities for students to exchange their ideas and thoughts on bullying as well as providing them with a learning experience that will engage students and is relevant to their needs

Duration: 60 minutes

Numbers: Maximum 30 participants

Cost: \$270 +GST per session

**So If You Want To Empower Your Students and Help Eliminate Bullying At Your School
CALL (03) 9574 7100 AND BOOK OUR 'Empowering Dynamics' WORKSHOP TODAY!!**

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