

nurturing potential



Session: 'Final Session – Certificates & Self Esteem'

Pre-session Preparation

Certificates – colour printed one per participant
 Small bags of sweets/treats
 Stress-Free-Kids™ Feedback slips

Learning Objective

To encourage self-esteem, hand out certificates to participants and HAVE SOME FUN!!!!!!!

Exercise;

Explain that you have something you want to give to each of the participants, and when called you want them to walk a lap of the room (you determine the route) holding their head high, feeling important and confident in their self. While they are walking up the rest of the group has to give the loudest round of applause and support to make them feel special. The trick is that every round of applause has to be the best – no-one wants to feel that their applause wasn't as good and so must put in the effort for everyone else.

When they get to the front of the class, hand them their certificate and a treat, and ask them to share one thing that they have done well and are proud of.

Testimonials

When all certificates have been handed out, ask participants if they would now like to make you feel good! Ask them if they would mind writing on a feedback sheet what they have found useful from Stress-Free so that others may consider what it can do for them and their school. Testimonials will be entered onto the Stress-Free-Kids™ website anonymously.

NOTE: If you have the resources you could also record the participants speaking about their experience. This is great for building self-esteem and confidence.

If time allows you may also wish to use the refresher slides provided to discuss some of the topics covered during Stress Free sessions.

Session Close – Last 5 minutes Relaxation & Time Out

Close session – thanks participants for their support and wish them good luck!!



nurturing potential



STRESS FREE KIDS™



This is to certify that

[Insert Name of Pupil]

has undertaken and significantly contributed to the
Stress-Free-Kids™
coaching programme

[INSERT NAME OF SCHOOL]

Class of [Insert Year]

A handwritten signature in blue ink, likely belonging to Dale Rockell.

Dale Rockell MA, MCMI, LCH Dip
Managing Director & Founder




www.bestressfree.co.uk



STRESS FREE
nurturing potential

©Dale C. Rockell Ltd, 2008



“It’s better that you come from nothing, than nothing comes from you”


©Dale C Rockell Ltd, 2008




When I have **RESPECT** for myself, the world is a better place.



©Dale C Rockell Ltd, 2008



I have a major contribution to make to create a world that is a friendly, peaceful place to live.



©Dale C Rockell Ltd, 2008



I appreciate and welcome that everyone has opinions that are as important to them, as my opinions are to me.




©Dale C Rockell Ltd, 2008




I appreciate that life has its ups & downs, and every moment is an opportunity to learn something about myself.



©Dale C Rockell Ltd, 2008



The only person that stops me from realising my true potential...is me!




© Dale C Rockell Ltd. 2008




I communicate clearly and always listen carefully to what others have to say, before I respond.



© Dale C Rockell Ltd. 2008



Stress is a choice. I can choose to let things and people stress me out, or make a choice to not to. It's that simple!



© Dale C Rockell Ltd. 2008




It is important to stay calm so that I think, do and say things that benefit me, and those around me.




© Dale C Rockell Ltd. 2008



There will always be choices to make, and I will to listen to my head, my heart and my gut before I make a decision!



© Dale C Rockell Ltd. 2008



'If you always do, what you've always done, you'll always get the same result.'

'You can't solve your problems with the same...thinking that created them' Albert Einstein

© Dale C Rockell Ltd. 2008