



## EXAM STRESS

*All ages*

**3 hours**

Help pupils to build resilience and give them coping mechanisms so that should setbacks arise they have the tools to deal with them. Increase strength, balance, and flexibility, promoting a healthy body image, increasing their self-esteem and confidence, and creating healthy habits.

*This course is aimed to provide:*

- *Techniques to help ease anxiety, stress, and tension so that students can focus on the positive aspects of their lives and become happier and healthier.*
- *Improve time management skills to help them focus on what's important and deal with challenging tasks, at this tense time for them.*
- *Provide opportunities for reflection, teaching them to become more patient and have self insight which will ultimately reduce problem behaviour.*

PRICE

£449 or £99pp

