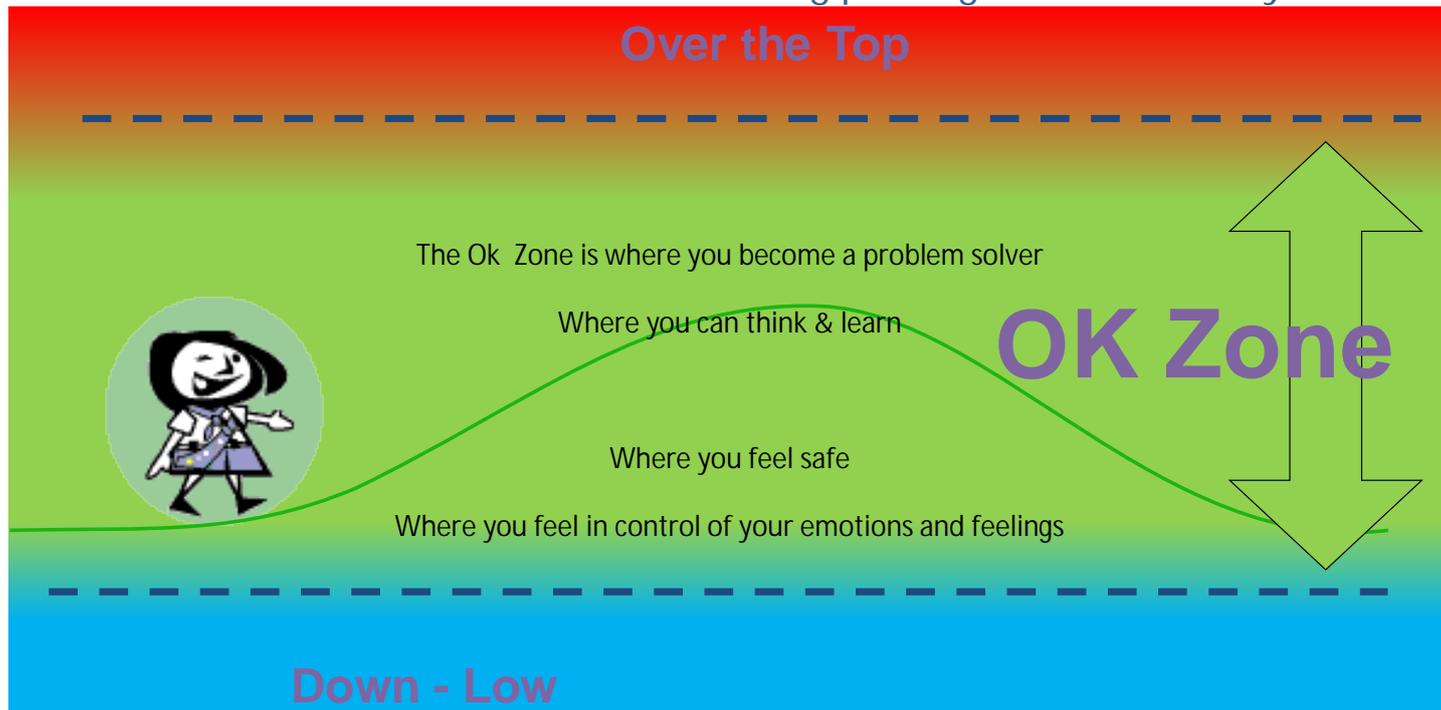


Loftia Consulting presents

The OK Zone

A Wellbeing package for Secondary Schools

Over the Top



Fiona Griffith, Clinical Counsellor, Educator and Supervisor presents an introductory and interactive presentation On the OK Zone to each year level. Focusing on developmentally appropriate material.

Each is packaged with extensive follow up activities for teaching staff.

Year 8 "Self Esteem: I am OK"

The formation of identity and the developmental tasks "Who am I?" and "Where do I belong?" can be both painful and anxiety provoking.

Understand what the Ok Zone is; learn how to grow this zone of clear thinking; develop the ability to tolerate feelings.

Year 9 "How to get back into your OK Zone and build your Resilience"

Too often teenagers are rescued and over protected from life's difficulties. Building resilience is reliant on experiencing the tough times and realising you can survive. Resilience is being able to recover from life's knocks and meet the future with optimism and confidence.

Learn about the 'OK Zone'; learn how to get back into your OK Zone when you find yourself pushed out and begin building resilience.

Year 10 "Stress Management: How to stay in your Ok Zone "

We live in an anxious world. Stress and the resulting anxiety that builds, are central issues for adolescents in a demanding, overstimulating culture. The adolescent brain is different from the child and adult brain and this difference contributes to self regulation and sleep issues.

Find out what happens to the adolescent body clock and how good sleep can help you manage stress.

Learn about the effect of anxiety and stress on the brain and nervous system and how you can take charge.

Learn what pushes you out of the OK Zone and how to calm your nervous system.

To REGISTER interest email: counselling@fgriffith.id.au or phone 0414 985 934