



**HARGAN**  
PSYCHOLOGY

# Building Essential Skills Together

SESSION 1

## EMOTIONAL AWARENESS

- ✔ How to recognise and express our feelings.
- ✔ Body signals; queasy tummy, feeling angry, sad or lost.

SESSION 2

## MANAGING EMOTIONS

- ✔ What do I feel?  
What do I need?  
What can I do?
- ✔ Mindfulness and grounding exercises.

SESSION 3

## EFFECTIVE COMMUNICATION SKILLS

- ✔ Assertive, Passive and Aggressive communication and the effective use of “I” messages.
- ✔ Non-verbal communication skills.
- ✔ Taking turns; following instructions, setting appropriate boundaries and learning to say ‘no’.

### WHO OR WHAT IS A GOOD FRIEND? HOW CAN I BE ONE?

- ✔ Making and maintaining positive friendships.
- ✔ Empathy and sharing.

SESSION 4

## WHAT IS A POSITIVE ROLE MODEL?

- ✔ How to be a positive leader.
- ✔ Teamwork and leadership.

SESSION 5

## RESOLVING CONFLICT

- ✔ Bullying.
- ✔ Cyber safety.
- ✔ Bystander or upstander?

SESSION 6

## REFLECTING & PUTTING IT ALL TOGETHER

- ✔ Summarising and role playing our new skills.
- ✔ Making sure we remember how to ‘Let it go’.



## AND MOST IMPORTANTLY

The Graduation and receiving the certificate which reminds participants that they are a **B.E.S.T** Kid and we have been **Building Essential Skills Together**™

## ENQUIRE NOW!

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