



# EDUCATIONAL WELLNESS

## WORKSHOP SERIES

- GRADES 8 AND 9

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## THE SEVEN PILLARS

Join our educational wellness workshop series for optimal holistic development in 2025. Our weekly sessions incorporate **7 pillars** of growth with a practical, theoretical and interactive focus.

- **Emotional:** Learning to regulate and manage emotions, especially stress and anxiety regarding all areas of life that may impact educational wellbeing.
- **Social:** Developing techniques to foster healthy relationships at school and home.
- **Communication and interaction:** Obtain skills for effective communication and interaction in relationships with supportive networks through active listening, appropriate responses, proactive behaviours, and healthy expression of personal needs.
- **Learning:** Creating foundations to acquire knowledge and skills at a technical and practical level including management of homework, task management and revision. This also looks at learning preferences for individual needs.
- **Academic:** Learning how to master concepts and content.
- **Wellness and development:** Creating healthy habits to nourish and strengthen the body for age-appropriate development.
- **Study and Exam preparation:** Using skills regarding effective time-management, study techniques, dealing with exam pressure and mastering exam sessions.

Using evidence-based approaches, we are confident that this workshop will provide a new and exciting model to improve grades, and achieve individual potential and promote a healthy self-esteem.

HOLISTIC AWARENESS | EDUHELP

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