

ASPIRE STRONG MINDS

Schedule



Prepare your child for what's ahead with

EMOTIONAL HEALTH COACHING

Online summer camp

*Limited to 20 participants

Ages 8-12

*Teen, emerging adults, and parent classes to come.

Starting June 8th

Ages 8-12

\$179 Includes:

- 8 classes (1 hrs.) over 4 weeks
- Printable workbook
- Personalized Open Coaching
- Post class -follow up offers

Schedule- Parent & child check in – check technology, functionality, answer questions, & clarify schedule.
20 minutes tech check in – Thursday June 4 - 11 AM

- Recordings are available for 2 weeks after classes end.

Monday - June 8	11:00 AM – 12:00PM
Thursday – June 11	11:00 AM 12:00PM
Monday – June 15	11:00 AM – 12:00PM
Thursday – June 18	11:00 AM – 12:00PM
Monday – June 22	11:00 AM – 12:00PM
Thursday – June 25	11:00 AM – 12:00PM
Monday – June 29	11:00 AM – 12:00PM
Thursday – July 2	11:00 AM – 12:00PM

Join Mrs. Robinson for an interactive class teaching children how to:

- ✓ Process emotions independently
- ✓ Regulate stress and anxiety
- ✓ Make wise decisions
- ✓ Understand how thoughts shape feelings, actions and results
- ✓ Resolve conflict with others
- ✓ Recognize how phones and social media influence mood, confidence and perception

Aspire Strong Minds - Emotional Health Coaching for Kids Ages 8-12

Aspire Strong Minds is an online emotional health coaching course designed to help kids build confidence, emotional resilience, healthy coping skills, and strong communication habits in a supportive environment.

Classes are held live on Zoom beginning at 11:00 a.m. and follow an engaging discussion-based format where students can learn practical emotional health tools and explore how to apply them in everyday life.

Each class begins with:

- **A daily morning practice**
- **A “5 for success” discussion**
- **Guided conversations about real-life emotions and challenges**

Students will then learn 2-3 emotional health tools each day and practice using them through examples, reflection, and group interaction.

Class Format

- **Live online Zoom course**
- **Approximately 1 hour long**
- **Additional time may be available for optional individual coaching practice**
- **Students may participate in group discussions, polls, and Q&A activities**
- **During class, students will not see each other on screen, but they will be able to interact with the teacher and participate together in guided learning, they may be brought on screen if they volunteer for live coaching**

Workbook Available

Each enrolled student will receive access to a downloadable 20-page workbook designed to reinforce the tools taught during class. The workbook may be printed after registration and payment are completed.

Recordings Available

All classes will be recorded so students who miss a session can still participate and review the material later.

Continuing Student Benefits

Students who enroll in future Aspire Strong Minds courses will receive 15% off their next course registration, because emotional health is a skill that can be learned, practiced, and strengthened.