

Emotional Intelligence Retreat for children 14 to 18 years old.



When: 8-10 October 2022.

Where: Altelekker youth Camp(65, 32nd St, Doornkloof, 0062)

This highly recommended retreat is run by Quinton Mundell and Anne-Marie Jansen van Rensburg with other well trained, experienced team of young facilitators.

Facilities: A closed venue for dining & group activity sessions should it be raining. Cutlery & crockery provided for learners but they must bring their own bedding.

Catering: We never receive complaints from our clients and schools as the meals provided are of excellent quality and variety including special diet requirements such as vegetarian, Halaal etc.

We can learn so much by having fun! During this retreat there will be various fun practical teachings which will follow with fun activities to incorporate these teachings.

How this retreat can influence your life:

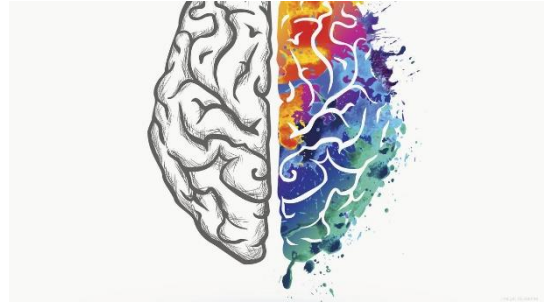
- How to make friends quickly and easily.
- Increase your influence, your prestige, your ability to get things done.
- Get out of a mental rut, think new thoughts, acquire new visions, discover new ambitions.

Teachings, tools and techniques will be used to integrate these concepts:

- Self-awareness, self-regulation, motivation, empathy, social skills.

Concepts which will be discussed:

- The big secret of dealing with people
- A Simple way to make a good first impression
- A sure way of making enemies and how to avoid it.
- How to criticize and not be hated for it.
- Emotional Intelligence in Leadership



If we can assist you or if you require more information, please contact one of the following persons:

Quinton Mundell

Counsellor and Life Coach

Cell: 084 779 6734

And

Anne-Marie Jansen van Rensburg

Integrative Coach

Cell: 073 862 7364