

## Self Esteem

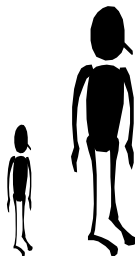
All of our sessions include games and discussions to get your child to understand the topic we are focusing on.



Self-esteem can have a big part to play in how you feel about yourself and also how much you enjoy things or worry about things

In our **Self Esteem** skills sessions we teach your children -

- What self esteem is
- About liking themselves
- How to identify good self esteem
- To look at what is good about themselves
- If they value and think good things about themselves then others will too



## Confidence

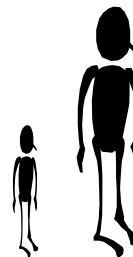


We talk about what confidence is and how we can develop it

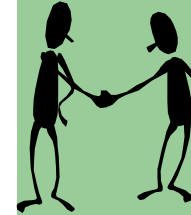
- How to identify those feelings that occur when they have to do something they are not comfortable with
- How to deal with the above feelings/ how to calm down when nervous.
- Positive Outcomes

### Happiness & Thinking Positive

- Things that make them happy
- Why being happy is important
- Positives and negatives
- How we can be happier
- How to find humour in uncomfortable situations
- How making others happy can often make us happy



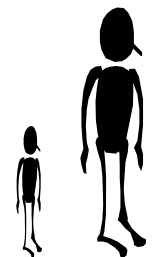
## Worry



We talk about how we see ourselves and each other.

- How we decide to speak to someone or choose who we are friends with
- Worrying about things we cannot control
- Things we want to change but cannot
- Things we wouldn't want to change
- Feeling happy with the way we are

All children receive a certificate if they complete this 6 week course



- All sessions held at the GreenHouse or SBC Centre
- **Age range 8 to 13**
- Course will involve one-to-one work with an adult and some group work
- Limited number of places available

## GreenHouse Mentoring

The GreenHouse  
16-22 St Thomas's Road  
Stopsley  
Luton LU2 7UY

Phone: 01582 528213  
Email: [ghm@stopsley.net](mailto:ghm@stopsley.net)

## GreenHouse Mentoring

GreenHouse Mentoring is a locally focussed, Luton based organisation, established in 2002, committed to provide a supportive and friendly place for young people, volunteers and staff alike.

We love to treat everyone in a uniquely personal way and help them to unlock their potential.

We provide quality, trained, screened volunteers from diverse backgrounds who choose to consistently meet with, mentor and help young people in Luton.



If you would like to know more about our organisation

please contact us on

01582 528213

[ghm@stopsley.net](mailto:ghm@stopsley.net)

[greenhousementoring.org.uk](http://greenhousementoring.org.uk)

## GreenHouse Mentoring

Tel: 01582 528213

Parents Information

Group Mentoring  
Skills sessions

Self Esteem

**GreenHouse**  
Mentoring

