



## WEEKEND WORKSHOPS

The White Bear Foundation is dedicated to providing innovative programs for children. The weekend workshop includes:

**SELF-ESTEEM AWARENESS ACTIVITIES**  
**CONFIDENCE BUILDING GAMES**  
**COMMUNICATION AND LEADERSHIP SKILL SESSIONS**  
**LESSONS IN LIFE SKILLS**

Through play, fun, and educational games, the workshop aims to build the self-esteem and confidence of pre-teenage children.

The workshops are held in a supportive and safe environment and provide young people with the self-management tools to deal with the ups and downs of school years, and beyond. The results are tangible and children leave feeling happy, fulfilled and positive about themselves.

Maria Bach, the presenter and facilitator of the workshops is assisted by dedicated and accomplished colleagues.

With over 35 years of experience, Maria's expertise lies in professional development, leadership and personal coaching.

As a parent, Maria believes it is vital for effective communication and support to begin at home and in the community. For further information on the foundation's workshop please visit:

<http://whitebearfoundation.com.au/workshops>

### NEXT WEEKEND WORKSHOP

“IT TAKES A VILLAGE  
TO RAISE A CHILD”



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