

Ride the Wave

A WORKSHOP

for teens wanting the secrets of making life easier!

Ages 15-17



July 5th & 6th

10 am – 2 pm
1160 Lansdowne Ave. Coq.
In the Boardroom at
Eagleridge Bible Fellowship

\$240 1 Day or

\$425 Both Days

Teen years are easier with Life Skills
Learning is better with Laughter

My classes are fun and powerful.

Ride the Wave
is about 'the secrets' of life
people forget to share with teens!

What is being adult? Really, do I want that?
How do you handle being nervous?
Why doesn't anyone get what I want?
What do people expect me to talk about?
How am I supposed to get a job?

How the workshop happens:

We sit around the boardroom table in a private room. I share each skill or module – then students practice – we discuss and move on to the next skill. We Laugh & Learn.

Bring a lunch, drinks & snacks.
Space is Limited – Max 10 people.

Private in-home family coaching is available by appt.

SKILL BASED TRAINING

- Resilience
- Communication
- Mannerisms

Call To Register 604-537-7553
or email at villars@telus.net

Start the summer fresh with tips and secrets to having life work!

Don't stress over the upcoming school year . . .

Come hang out with me for a day or two and learn the skills that make life easier and more successful!

Then have a fun summer!



Sharon Villars
Founder

BOOTSTRAPS

Getting to the Heart of the Matter

LIFE ♥ SKILLS