



## COOL TEENS

### SURFING ON THE WAVES OF ADOLESCENCE

*Learning how to manage the emotional waves, stress and relational tensions*

*Optimizing performance at school and in sport*

*Staying cool to feel better with oneself and with the others*

*Finding one's true and unique being, little by little ...*



### CARE ACCOMPANIMENT TO PERSONAL DEVELOPMENT FOR TEENAGERS AND PRE-TEENAGERS

Workshops for sharing and relaxation practices to gain in self-awareness, preserve a healthy balance, reveal and grow towards one's true Self



*We cannot always change stressful situations in our lives,  
but we can learn how to change our way to respond and overcome them with calm and ease.*

### WORKSHOPS « ME IN MY LIFE »

- ☺ To know myself better
  - To find my true Me, what makes me feel alive*
  - What are the emotions I am passing through?*
  - What restrains me from being my true Me?*
- ☺ To know and manage my stress better
  - Signs of stress that must alert me (mental, physical, behavioural)*
  - To identify my factors of stress*
  - How I can manage my stress and preserve my full potential*
- ☺ To choose a positive attitude
  - How I can unwind*
  - How I can favour a cool atmosphere around me*
  - To listen to my heart*

### PRACTICES OF BREATHING AND GUIDED RELAXATION

- ☺ To learn fast and efficient techniques to regulate my emotions
- ☺ To experience moments of desired wellness

### EVERY DAY CLOSER TO MY TRUE ME

*I am bringing an innovative care accompaniment to our young generation, that combines an apprenticeship of resilience and a pathway to grow towards their authenticity and joy.*

*A benevolent exchange is fostered to increase self-awareness, share about their dreams and be inspired to hope. Emotional self-regulation techniques will be transmitted, that have been developed by the HeartMath® institute in California ; backed up by more than twenty years of scientific research on the psycho-physiology of stress and emotions, the techniques have been taught to thousands of young people worldwide with proven efficiency. Guided meditations adapted from sophro-analysis will enable to initiate a liberating well-being and a sustained reconnection to their true Self.*

JULIE SVAY

CERTIFIED TRAINER FROM THE HEARTMATH® INSTITUTE  
CERTIFIED PRACTITIONER OF SOPHRO-ANALYSIS



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