



ANTI-BULLYING FOR CHILDREN & TEENS

Black Belt Communication provides anti-bullying workshops and term based programs that will engage, equip, and empower your child & teen with skills and confidence needed to stop bullying and build effective communication skills and relationships based upon respect & responsibility. Black Belt Communication combines the ethos of martial arts training with the teaching methods of the acclaimed "Rock & Water" anti-bullying program developed by the Gaduku Institute in Holland.

10 LESSONS IN BLACK BELT COMMUNICATION

- 1) Standing Strong: How to Give & Gain Respect
- 2) Breathing & Balance Under Pressure (Mindfulness)
- 3) How to say "No" - 5 different ways
- 4) Kung Fu Panda Self-Defence (Responding to Violence)
- 5) "Rock & Water" Attitudes & Confidence
- 6) Friend or Foe: Create Safe Boundaries
- 7) Don't Be a Bystander: How to Get & Give Help
- 8) Bounce or Break: Lessons for Resilience
- 9) Inner Compass: Navigating Relationships
- 10) Breakthrough Leadership



BLACK BELT COMMUNICATION

LOCATION: JD Hardie Centre

TIME: Every Saturday morning/afternoon. (45min lessons)

REGISTRATION: Jan 2017 **CLASS START:** February 2017

COST: \$150 per term + \$50 Equipment

AGES: 6yrs+ 9yrs+ 14yrs+ (min 10 - max 20 per class)

TRAINER: Tim Turner (Rock&Water Facilitator / 3rd Dan TKD)

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2017 PILBARA



ENOUGH ALREADY!

