



# Designing Your High School Experience

8th graders! Heading off to high school can be intimidating but it sure doesn't have to be! Join HG Education in Designing Your High School Experience. Spend 8 weeks with us connecting to your dreams for high school so you can create the experience YOU want to have. We will articulate what you want high school to be and then discover what's currently in the way of getting that. You will learn how to curate your thoughts so they don't bring you down. You will discover the secret sauce to keeping promises to yourself that are a match with your dreams. You will feel more confident and more ready to head to high school after this course!

## Coaching Will Include:

- You are the Author of Your Life & Dreaming
- Designing Your High School Experience
- Inner Dialogue
- Personal Integrity - Promises & Consequences
- Beliefs & Traits
- I AM Statements

To learn more about customized programming for your educational community, or to enroll your child in our next series, contact

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