

Team TeenS 2019 Conference Programme



Summary

This years' programme theme for the weekend is **WE ARE THE CHAMPIONS**.

I am delighted to welcome **Dale Vincent Coaching** to our conference this year. He is a Confidence Coach, International Speaker, Corporate Coach, Master NLP, CBT and Timeline Therapist. Together, we have designed a full programme to work through, covering Confidence Building, Games, Mindfulness, Confidential Q and A Sessions, and strategies to improve self-esteem and body image. Dale is super cool, and I am sure you are all going to have a fabulous time with him.

Show rehearsals and ice breakers begin during Friday night rehearsals. This is where initial friendship bonds are made, and Teens are usually inseparable from here on!

Please welcome new members with your usual warmth and kindness.



Together
we are
stronger

Fundraising

We will be running the **Team TeenS Tuck Shop** again, so don't forget your pocket money!





Clothing

The Team Teen programme can be very active, and so it is very important that suitable clothing is worn. Layers, and loose comfortable items with appropriate footwear should be considered during sessions. For example, slip on shoes, heels, or complete sets of armour will not allow for easy movement. Please label jackets/hoodies with your name.



There will be a number of Teen Assistants available to answer any queries you may have.
Get ready for a full weekend of friendship, family and fun!



*believe
in
yourself*



Forever Yours, Mummy Cubitt xxxxx