

# Transition to Secondary School Workshop:

Taking your Amazing Self to Secondary School



~ A 2 hour online workshop ~

Who: Grade 5 & 6 Students

When: Saturday 5th  
December, 2020  
10.30am - 12.30pm

Where: Online via zoom

Moving from primary school to secondary is an exciting time for young people, with new challenges, opportunities and responsibilities. It can also feel scary going from being the seniors to being the youngest in the secondary system. For most young people it will mean being in a bigger school with bigger class sizes, meeting new people, making new friends and, of course, meeting a whole lot of new teachers.

The Transition to Secondary School Workshop will support young people to discuss the changes they will experience, their concerns about moving into secondary school and any fears and anxieties they may have about the move. The Workshop assists participants to appreciate the amazing strengths and qualities they already have and realise that they have everything they need to be ready for the next chapter of their life.

**Cost:** \$30

**Bookings:**

[www.innersparkhealth.com/workshops](http://www.innersparkhealth.com/workshops)

**For more information:**

**Antonietta:** antbua@outlook.com

**Madeleine:**

madeleine@innersparkhealth.com



**Antonietta Bua**

BA  
GDipEd  
BSocWk  
MCFT

With a teaching background, Antonietta brings over 30 years' counselling experience with children, young people and families. Antonietta comes from a strengths-based approach, encouraging others to realise their true qualities, understand themselves and deepen their awareness.



**Madeleine Power**

BSocWk(Hons)  
BSocSci(Psych)  
GDipEd

Madeleine is a teacher, youth worker, counsellor and complementary health practitioner with 15+ years' experience supporting children, young people and families to be and express the truth of who they are. Madeleine understands the importance of walking her talk, and lives with this integrity in her daily life.