



The Life Coaching Studio for Kids® helps young people to overcome the obstacles that prevent them from achieving their true potential.

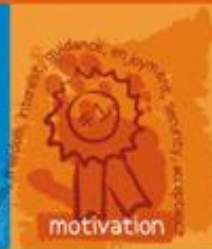
- self-esteem
- motivation
- friendship skills
- assertiveness training
- bullying
- emotional intelligence
- stress management
- communication skills
- anger management
- study skills
- social skills
- time management
- responsibility
- decision making
- peer pressure
- concentration
- exam nerves
- thinking skills



"Numerous studies have shown that happier children perform better at school. Children who feel good about themselves demonstrate greater abilities in reading, spelling & maths, and are judged by their teachers to be more popular, more cooperative and more persistent in the classroom."

Paul Martin in Making Happy People

Our emphasis is on Fun!
 Visit www.equalzeal.co.za for further details.



Free Assessment Available

Our mission is to offer innovative personal development programmes designed to give young people, families & schools a powerful toolkit for dealing with a fast-paced and ever-changing world.

"The World Health Organisation expects that by 2020, mental health problems in children will increase by a staggering 50%, compared with other health issues. Stress caused by the demands of our rapidly changing modern lifestyles is the main cause of this startling statistic. The reality is that young people who are sad, angry or depressed are not capable of reaching their true academic potential due to learning, memory and attention span being directly influenced by uncontrolled emotions."

Every parent wants a healthy well-balanced child who is able to make good choices and develop into a successful adult. However, we need to consider that even the intentions of the best parent in the world may be sabotaged by the many toxic influences our future generation of kids are faced with on a daily basis.

Equal Zeal® promotes positive internal growth by offering innovative self development resources, workshops and programmes designed to give children and their parents a powerful toolkit for dealing with a fast-paced and ever-changing world thereby empowering young people to reach their full potential. All products and programmes are designed around the Equal Zeal® principle of having Zeal for Life®. This means to show great energy and enthusiasm towards life and all it has to offer despite circumstances which may sometimes threaten to pull us down. What our children need is to be able to express greater self confidence, have a greater sense of self awareness and the ability to withstand the pressures of modern society by managing stress in a positive way. Equal Zeal® teaches children how to make good choices and be aware of the responsibility that goes with those decisions by teaching them how to set realistic and achievable goals and as well as to understand the dynamics of a balanced lifestyle.



Our specially formulated programmes endorsed by teachers and psychologists cater for the needs of young people between the ages of 5 and 21 as well as parents, teachers, schools, learners & corporates. We offer all programmes on an individual as well as a group basis with follow-up maintenance programmes on offer to reinforce skills learnt during the initial programmes. Alongside this, various motivational tools, books and resources are available.

The Equal Zeal® learning outcomes:

- 🌱 Preventing risk factors from developing
- 🌱 Toolkit for long term success
- 🌱 Higher motivation levels
- 🌱 Greater self discipline
- 🌱 Resilience & stress management
- 🌱 Skills for effective communication
- 🌱 Enhanced relationships
- 🌱 Better academic results



Should you wish to make an enquiry or request a calendar please don't hesitate to contact the representative in your area.
Branches throughout the country.

