



BOOT CAMPS FACILITATED BY OWNER, LISA PODELL AND THE LEARN BETTER TEAM

## BETTER SESSIONS *Presents* Summer Brain Boot Camps

### ENHANCE YOUR CHILD’S EXECUTIVE FUNCTIONING SKILLS

For parents who want to implement practical strategies over the summer that will boost your child’s organization, time management, and planning skills to keep their learning-muscles flexed. Stick around for the Q&A to gain personalized solutions.

### BACK TO SCHOOL SUCCESS

For middle and high school students who want to be organized, prepared and confident for the beginning of the school year. Students will learn about time management, how to plan and prioritize their work, eliminate distractions, create a personalized homework routine and learn effective study skills that work best for their unique learning style.

### SOCIAL-EMOTIONAL LEARNING

For middle school students who want to develop positive peer relationships and self-awareness while learning to manage the emotions and stress that come with a new school year, new friends, new teachers and an increased workload. Topics include problem-solving, managing worry and frustration, building empathy, and conflict resolution.

**To RSVP, email [lisa@bettersessions.com](mailto:lisa@bettersessions.com)**

**Registration is open until June 1<sup>st</sup>, 2018**

### ENHANCE YOUR CHILD’S EXECUTIVE FUNCTIONING SKILLS

TUESDAY, 6/12

6PM - 7:30PM

\$75

### BACK TO SCHOOL SUCCESS

[MIDDLE SCHOOL]

TUESDAY, 8/14

10AM - 12PM

\$150

### SOCIAL-EMOTIONAL LEARNING

[MIDDLE SCHOOL]

TUESDAY, 8/14

1PM - 3PM

\$150

### BACK TO SCHOOL SUCCESS

[HIGH SCHOOL]

WEDNESDAY, 8/15

10AM - 12PM

\$150

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### LOCATION

The Ashton  
125 W Tremont Ave  
Charlotte, NC 28203

[www.bettersessions.com](http://www.bettersessions.com)