

TENEO

SA's No. 1 Online School

Connectable Life

Ages 6 - 18+



Mental health and wellness



CONNECTABLE LIFE

MIND • BODY • WELLNESS

Description

Empowering through Wellness: Connecting Lives and Redefining Care. Embrace a stigma-free world with our vision of accessible healthcare. Make healthcare the norm for all with our seamless system. We strive to highlight the value in seeking help and advocate for wellness over illness. Rooted in gratitude, empathy and integrity: we champion well-being.

Our Benefits to Teneo Learners, Parents:

Connectable Life offers: (with a database of over 100 specialists and more being vetted)

- **Skills for students:** Through our webinar programs and personal therapy options, Teneo students can develop crucial life skills such as emotional intelligence, stress management, social skills, boundaries, and effective communication.
- **Benefits for parents:** Parents can gain valuable insights into supporting their child's well-being, enhancing family dynamics, and fostering open communication through Connectable Life's webinars and therapists.
- **Benefit for Teneo:** Teneo benefits by providing its students and their families with accessible mental health and wellness resources, contributing to a healthier and more balanced school community

Monthly Webinars for Students (Foundation Phase (Gr 0 - Gr 3), Intermediate Phase (Gr 4 - Gr 6), Senior Phase (Gr 7 - Gr 9) and FET Phase (Gr 10 - Gr 12), parents and teachers.

Webinars suggestions but we can do any webinars that are required.

- Mindfulness and Gratitude: Learning Techniques
- Dealing with the stress of exams and work obligations
- Balancing school, work and social life
- Learning about emotions and social ques
- Understanding my changing emotions
- Combating Trauma (PTSD)
- Importance of Setting and Implementing Goals
- Parenting teens and the negotiations within
- Social Media expectations and dangers
- Fitness Sessions
- Conflict Resolution and Keys to Effective Communication
- Addressing Anxiety
- Avoiding Burnout
- Managing Stress
- Bettering your Sleep Habits
- Personal Development
- Boundary Setting

- Success through Collaboration (strengths and weaknesses)
- Chair Yoga/Pilates
- Mindful Eating and Balanced Diet/ Nutrition
- Online Exercises
- Identifying Personality Traits and Working with Differing Styles
- Love Languages and How it Helps to Know Them
- Interacting in an Online World
- Lessons we can Learn from Nature
- Anxiety in the Workplace
- Stress in the Body
- Financial Wellness for teens and adults

- *Online 1 on 1 Specialist Counselling and coaching in the fields of: Mind, Body, Wellness*
- *Smaller (more intimate than a webinar) group counselling/coaching sessions available*
- *Provision of a professional network referral list that the staff, parents and students can access for various support needs. (This must include an educational psychologist and career guidance specialist). We have a series of questionnaires to help guide clients. We give personal recommendations and a quick discovery chat when needed.*

Duration

Monthly webinars over a year.

Cost

Contact for pricing

Who can join?

Ages 6 - 18+, parents and teachers.

Students Responsibilities:

- To take the opportunity of the webinars which is given to them in this form of counselling/ coaching.
- To book the 1 on 1 when they are feeling they need advice or direction.

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