

Inspired By Sepideh Presents:

Junior Coaching Series (ages 6-8)

Tuesdays March 20 – May 8 (8 sessions)

6:00 – 6:45 PM

3625 E. Thousand Oaks Blvd. Suite 161

To get more information about how your Child can benefit from the series, please join us at the Parent Orientation session on Tuesday March 13 at 7:00 – 7:30 PM **at *Inspired By Sepideh*** located at 3625 E. Thousand Oaks Blvd. Suite 161. Please RSVP by March 10 by calling (818) 857-2320

The Series will help your child:

- * **Develop a better sense of self, self-awareness and self Confidence**
- * **Recognize the importance of Virtues (each session/week Will be spent on a specific virtue)**
- * **Respect for self, others, and the environment**
 - **Understand and practice good citizenship**

Each session will end with a 10 minute guided Meditation

For more information about services offered at ***IBS***, please visit www.inspiredbysepideh.com

Sepideh Yeoh is a Certified Life and Career Coach and founder of ***Inspired By Sepideh***