



Summer Learning Camp



WINNING THE INNER GAME Fostering Emotional Intelligence

Program Dates:

July 9th – 13th

August 27th – 31st

Time: 9am – 1pm (drop-off from 8.30am)

Ages: 9 – 11 year olds

Cost: AED 1,950 (Sunday – Thursday/ 5 days)

AREAS OF EXPLORATION & DISCOVERY

DAY 1

SELF-AWARENESS

Children will learn to recognize and understand their moods, emotions and drives, as well as their effect on others.

DAY 3

INTERNAL MOTIVATION

Children will learn a variety of self-management techniques, which help mobilize positive emotions to drive them towards their goals.

DAY 5

SOCIAL SKILLS

Learn ways to manage relationships and build networks by doing activities that promote empathy, assertiveness and a cross-cultural sensibility.

DAY 2

MINDFULNESS

Children will learn and practice exercises that help develop concentration and self-awareness.

DAY 4

SELF-REGULATION

Learn ways to manage difficult emotions, in addition to strategies to deal with impulsive decisions and negative traits, such as procrastination.

“Research has shown that EQ predicts over 54% of the variation in success in relationships, effectiveness, health, and quality of life. Additional data concludes that young people with high EQ earn higher grades, stay in school, and make healthier choices.”

PROGRAM STRUCTURE & OBJECTIVES:

Lead by expert child psychologists in small group sizes for individualized attention, each day will focus on an area of inner skill-building and will include:

- Learning why that skill is important
- Learning techniques and tools to exercise the skill
- Practice within a peer group setting, through interactive games, role play and discussion.

821 Al Wasl Rd

Al Safa 2

P.O. Box 334273

Dubai, UAE

T. +971 (0)4 380 2088

E. info@lighthousearabia.com



@lighthousearabia

lighthousearabia.com

REGISTRATION: events@lighthousearabia.com

LOCATION: The LightHouse - Center for Wellbeing. For directions, please visit our website lighthousearabia.com/contact

*Complimentary Valet Parking is available.

*Kindly note, this program requires a minimum of 10 children.

Please send your child with a healthy snack and a packed lunch.

Please refrain from including nuts or nut products.



THE LIGHTHOUSE
CENTER FOR WELLBEING