

# Donna Shea

## Social-Emotional Learning Specialist



For more information or to set up a time to talk about the program, contact me via:

978/413-1965 (call or text)

dshea.peterpancenter@gmail.com (email)

## Junior Social Coach Program 2022 (High School & Young Adults)

If your teen or young adult would benefit from social mentoring, building confidence, AND job/life coaching together, this is the program! Your teen or young adult will join one of the in-person social groups for younger kids and tweens as a junior coach-in-training. Not only will your teen or young adult indirectly absorb the social coaching and skills provided to the entire group, but they will also be mentored on job skills by a very understanding boss. Social groups take place outside at my farmhouse with a converted well-ventilated clubhouse space that we use for indoor activities and during inclement weather.

This program supports teens and young adults in building social confidence, enhancing communication skills and improving perspective taking, conflict resolution, problem-solving, and work-life strategies. Teens and young adults must demonstrate interest in the program, the ability to take direction, and follow all safety rules.

Social skills that are practiced and addressed through in-the-moment facilitation include: independent functioning skills, interaction skills, team skills (active engagement, social reciprocity, following group directions, etc.), social communication skills, socio-emotional skills (e.g. identifying, and expressing feelings, moods, and emotions), promoting self-regulation and developing community social skills. My approach to social learning includes a blend of cognitive behavioral coaching, positive psychology and collaborative problem solving, but more than that, it's just plain fun.

Available groups for your teen or young adult to join as a JCIT for 2022 are:

Mondays 4:30-5:45 PM (Ages 11-14)

Tuesdays 4:30-5:45 PM (Ages 5-7)

Wednesdays 4:30-5:45 PM (Ages 8-10)

Thursdays 4:30-5:45 PM (Ages 13-15)

Tuition includes \$15 paid to back to your teen or young adult each session for participating in a leadership role.

\$300 cash discount (paid in person at first group of the month)

\$320 check made out to Donna Shea or Venmo ID @Donna-Shea-18 or Zelle ID: dshea@peterpancenter.com

\$340 credit card processing through PayPal