

SHARRETT COUNSELING

**Every Person
Deserves Well-being**



**Lawrence Sharrett, MEd, MDiv, MSc
Counseling Psychologist & Leadership Coach
Online / In-person / International
Professional Bio (LinkedIn)**

**Anxiety & Depression / Trauma / Grief & Loss / Cross-cultural Life/ Transitions /
Current & Emerging Leaders / Interns & Graduate Students / Faith Challenges /
Academic, Social, & Emotional Support for Students / Athletes & Coaches**

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**Growth Group for Life Skills:
Social & Emotional Leadership for Youth (ages 10-18)**

Group size: 3-7 participants grouped by ages

When: Two times per month

Where: Online

***To register or for more information, see contact information below.**

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Growth Groups: Social & Emotional Leadership for Youth

- **New groups starting in October, November, and December / for ages 10-18**
- **2 sessions per month / 50 minutes per session / Sessions online**
- **Full program lasts 6 months (12 total sessions) / 20 euros per session**
- **Session content planned according to age, needs, & interest of participants**
- **Students grouped by age / Parental consent required**
- **Optional parent check-ins for content overview and collaboration**

MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6
Well-being Goals & Habits	Balancing Academic, Social, & Emotional Responsibility	Respectful Conversations & Healthy Friendships	Managing Stress & Conflict	Emotional Intelligence & Social Leadership	Global Citizenship & Service