

**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**

**[sharrettcounseling.com](http://sharrettcounseling.com)**

**+30 69 88 713 238 (WhatsApp text)**

**[sharrettcounseling@gmail.com](mailto:sharrettcounseling@gmail.com)**

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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***

- **Academic, social, and emotional skills through teambuilding activities**
- **English language learning / Reflective & academic writing support**
- **New groups starting in October, November, and December / for ages 10-18**
- **2 sessions per month / 50 minutes per session / Sessions online**
- **Content planned according to age, needs, & interests of participants**
- **Students grouped by age / Parental consent required**
- **Optional parent check-ins for content overview and collaboration**
- **6-month program (12 total sessions + 3 parent meetings) /300 euros**

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

**Register by the first of each month to join a new group.**

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