

SHARRETT COUNSELING

Be Still & Notice the Things That Can Help You Grow!



Every Person Deserves Well-being

[Sharrett Counseling](#)

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Part I
Overview of Program Specifics (Youth & Adult Programs)

Growth Groups: Social & Emotional Leadership for Youth

- Academic, social, and emotional skills through teambuilding activities
- English language learning / Reflective & academic writing support
- Ages 10-18 / Content planned according to age & interests of participants
- Students grouped by age / Parental consent required
- Optional parent check-ins for content overview and collaboration
- Online / 2 sessions per month / for 6 months / 50-60 minutes per session
- 12 group sessions /3 parent sessions /1 final debrief student session
- Group rate: 300 euros / Individual rate: 400 euros / Scholarships available

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

Register by the first of each month to join a new group.
sharrettcounseling.com +30 69 88 713 238 (WhatsApp text)

[Register Here](#)

Part I
Overview Flyer of Program Specifics for Adults

Growth Groups: Social & Emotional Leadership for Adults

- Participants will grow to more effectively understand self and others by exploring topics of interest and need with a professional counselor
- For ages 18+ / Small group options (3-7 participants) & Individual options
- Online / 2 sessions per month / 60 minutes per session
- 12 sessions / 1 final debrief session
- Group rate: 300 euros / Individual rate: 400 euros / Scholarships available

MONTH 1	MONTH 2	MONTH 3	MONTH 4	MONTH 5	MONTH 6
Noticing Patterns of Well-being & Distress through our Life Narrative	Understanding Multicultural, Multigenerational, & Multifaceted Frameworks for Life (Including Blind spots & Biases)	The Big Three for Growth: 1. Family of Origin 2. Emotional Intelligence 3. Autonomy / Identity	Recognizing Stress & Trauma in Healthy & Unhealthy Relationships	Emotional Intelligence & Social Leadership	Global Citizenship, Service, & Establishing Meaning & Life Purpose

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[Register Here](#)

Part II

Registration Form for Sharrett Counseling Growth Groups

Part III

Safeguarding / Child & Adolescent Protection / Ethical Commitments

I work with other highly qualified and trusted professionals in this endeavor (clinical practitioners, school counselors, educators, learning specialists, and psychotherapists). This provides the best support possible for each and every child, adolescent, adult, or family that commits to one of the programs through Sharrett Counseling. This is also an important safeguard as an ethically-practicing mental health counselor working with a team of professionals to best serve children, adolescents, and adults.

Part IV

A Preview of the Flexible Curriculum for Growth Groups

It is very important to know that the curriculum for this program is centered around the needs and interests of the students or adults who are taking part, based on their ages and levels of social and emotional development.

So much is lost in the rigidity of many modern curricula that speak of but lack a person-centered approach. Such programs or systems that rely on the “efficiency of quantity” miss some of the “effectiveness of greater quality” to their own pursuits for methodical accomplishments and recognition. Quality goals and objectives include higher order critical thinking skills. And educational leaders are increasingly recognizing how crucial it is **to train and trust skilled educators** to inspire student-centered learning and innovation into the future with both critical thinking and critical feeling skills.

A way forward with this is to strike a balance between what is person-centered both for effectiveness and efficiency. This usually means there is something that may be missed in terms of an “outline of content.” Consequently, this can mean something else, potentially of great qualitative value, is gained in the process. A flexible, student-centered curriculum can distress some leaders, including curriculum specialists. These are people and systems who often major more on the “efficiency of content” (checking off outlines and timelines) at the expense of some depth of critical thought and some depth of critical feeling (emotional intelligence for self, staff, or students).

The difference is so often noticed in the priorities around organic growth versus manufactured growth. The Growth Groups with Sharrett Counseling will always major on the organic growth, not the manufactured growth. Organic growth is the seed for well-being. Manufactured growth is preoccupied with appearances. Both ways tend to work in society because people notice what they choose to see, unfortunately. Choose to be still and notice the opportunities for organic growth that exist around you. Decide the growth goals you wish to prioritize for yourself or for your child.

While anyone can google content for emotional intelligence or social leadership, this program is unique in that we can adjust the content and work flexibly with the curriculum in order to center instruction, dialogue, and activities on the individuals who take part in the groups, the progress each participant makes from one session to the next, and the ways that best fit each participant's learning style.

This is the way forward for innovative education. It requires more mastery on the part of educators and counselors, not less. It requires more trust on the part of leaders for their teams, not less. And the types of leaders who are most disgruntled by this way forward in education are the types of leaders who are showing us why emotional intelligence and social leadership programs need to exist.

The most important part is not knowledge of content; rather, the most important part is personalizing and synthesizing the information for one's individual growth potential while developing depth of critical thinking and depth of critical feeling. This will improve the possibilities to cultivate the seed for well-being, which includes organic growth for emotional intelligence and social leadership skills for a lifetime.

This sort of work is done together with trained professionals. The Sharrett Counseling Growth Groups are providing spaces of safety for each child or adult to grow more emotionally intelligent, socially competent, and confident in the process of reflecting on one's values, needs, hopes, goals, relationships, coping tools, and more.

A naturally embedded goal for this program is that each participant will gain skills in the English language, including practice and instruction for writing, reading, and speaking. In an increasingly international world, the English language is crucial for educational advancement and social success.

To see a preview of the tools and content used as part of the flexible curriculum of the Growth Groups thus far, click here: [Growth Group Flexible Curriculum](#)

Part V

How Will Growth Groups Help My Child? (for Parents)

September 25, 2024 by Lawrence Sharrett

Why the Growth Group Program Is Important

What parent doesn't want their child or children to grow more emotionally and socially balanced and skilled in the midst of academic learning in life? Parents, adults, and students alike are increasingly becoming aware of the importance of mental health (social and emotional learning) for the present and future of society, regardless of one's profession.

Emotional and social leadership skills are often the skills that get left behind in education and academic settings. Even if a school has a school psychologist or counselor, there simply is not enough time for giving enough individualized social and emotional support to all students at any school.

Many of today's adults and leaders have grown into their professional careers without sufficient skills of emotional intelligence (EQ). By that, I mean that leaders often fail to understand what is happening with their own emotions in various circumstances and situations, and then they also fail to understand how this impacts those around them. So they develop coping tools to passively deny the way forward. While defense mechanisms are part of the life of every individual, some non-resourceful defenses can be improved by processing experiences with a professional.

By EQ, I am referring to one's ability to understand and manage one's own range of emotions and reactions while also recognizing the impact that those emotions (recognized or not) have on our interpersonal relationships. The unrecognized ones are the blind spots, and blind spots often cause the biggest strain for people to enjoy healthy relationships or friendships. Blind spots are sometimes the root of disrespect for self and for others.

Vision for the Program

My experience in the field of education and in communities has helped me see the importance of offering professional services for international youth, the leaders of tomorrow. My hope is that these students, most of whom do not realize they need it, will have more professional support to grow into an integrated academic, social, and emotional responsibility. This could be defined as a "global citizen," one who is open-minded, respectful, and able to live life with authenticity while enjoying healthy relationships and friendships in a variety of contexts.

Growing into a "global citizen" will help any individual develop skills that will be useful for all paths of life. I consciously started a commitment to this path in my own training about 10 years ago, and this continues to influence my current professional services through Sharrett Counseling. ***What a game changer this would have been for me during my younger years!***

Objectives, Course Content, & Practical Parts of the Program

All objectives and course content for the “Growth Groups” will focus on helping students develop stronger academic, social, and emotional responsibility skills while supporting the students with any other important content they want to discuss.

I will also provide writing support for each student in a google doc of the work we are doing and the reflections they are writing. Each session will be about 50-60 minutes, and it will include check-ins, general reflections, questions, and some planned content for that session.

The program will build from session to session while helping students strengthen their reflective writing skills, goal-setting skills, daily and weekly habits, personal responsibility, leadership skills, and overall sense of global citizenship and service.

Grouping for the Program

Students will be placed in groups with others they know or with others of a similar age, and I will adjust based on the comfort levels and interests of various students to make sure each student feels confident and comfortable with their group. Parents can register their child at any time because new groups will start regularly. In some cases, a child, adolescent, or parent may prefer one-on-one work over group work. This can be accommodated.

Parent Involvement & Collaboration

Three parent conferences will occur during the six month course to review content and collaborative efforts for supporting the success of each student. Parental involvement is always an important part of the success of any child or adolescent.

A Growing Team of Professionals

I work with other trusted and trained professionals in this endeavor (clinical practitioners, school counselors, educators, and psychotherapists). This provides the best support possible for each and every child, adolescent, and family that commits to the “Growth Groups” through Sharrett Counseling. This is also an important safeguard as an ethically-practicing mental health counselor for children, adolescents, and adults.

Creating a Successful Growth Group Experience for Every Person

By spreading the program over six months, there will be space and time for students to learn, grow, and implement the skills they are learning. This program is and will be a successful service for all families who participate, especially international families. For more information about the registration process, click [here](#).

Part VI

How Will Growth Groups Help Me to Become a Lifelong Global Citizen? (for Children, Adolescents, or Adults)

October 1, 2024 by Lawrence Sharrett

Will Growth Groups Help Me?

- The lifelong global citizen skills of emotional intelligence and social leadership are not usually academic courses in schools or universities. They should be. These skills will greatly influence your future and the future of those around you.
- Imagine getting a grade for understanding your emotions and the emotions of those around you. Imagine if the majority of that grade was not about getting the answers exactly right, *but more about your effort for self-awareness.*
- *How do you think you would do for an assessment about your emotional awareness? The great leaders of tomorrow will grow to do this well. Well-adjusted adults with a fundamental concern for well-being will grow to do this well. These are the people who will effectively inspire and empower success for themselves and for others.*

What is a Lifelong Global Citizen?

- **Lifelong** means this is something important for all your life.
 - What things do you think should be on that list? Friendships. Happiness. Having fun. Feeling calm and confident. Being strong. Kindness. Character. Your family. A sports career. Or any career. Mental health. Physical health. Emotional health. Even spiritual health. Your culture. How you do in school or your job. How you do with other things you like. Having a place to belong. Knowing that you are important and that your life matters. Knowing that there are people who care to listen to you. Connection with other people and not just social media, devices, or other technology. Can you think of more?
- **Global** basically means around the world, or international.
 - In other words, in this context, this would be someone who thinks about the world, what is happening in the world, and your place and role in the world.
- **Citizen** means “a personal belonging to a place, culture, or group of people.”
- **What is a Lifelong Global Citizen?**
 - A **Lifelong Global Citizen** is a person who is open-minded and respectful to listen and learn from different people from around the world.
 - A **Lifelong Global Citizen** is a person who spends the time and energy necessary to grow for important things now and for the future.
 - A **Lifelong Global Citizen** is a person who is willing to help encourage, inspire, and serve others.
 - A **Lifelong Global Citizen** is a person who discovers meaning and purpose in life through relationships and friendships with others.

What Will a Session Be Like?

- Each session is about 50-60 minutes and will be something like this:
 - **5-10 minutes**- Connect with each other from the group. Share fun or funny things that have happened. Share hard things that have happened, if you want. Talk about anything to review from the last session.
 - **5-10 minutes**- Personal reflections and journaling in a google doc about a question. A few examples could include,
 - Have you experienced any hard emotions in the past week? How did you handle it? Did you learn anything about yourself?
 - How are your friendships?
 - Describe one of your best friendships?
 - Describe a wounded friendship or relationship?
 - What is something that you could do to heal your own wounds from that friendship?
 - **5-10 minutes** - Discussion about your ideas, thoughts, feelings, etc.
 - **10-15 minutes**- Presentation of lesson for the session. One of the group leaders will do this. This could be a team building game with a video, a book, a slide presentation, or some other form of instruction.
 - **10-15 minutes**- Discussion, questions, interaction, or more time for the game as related to the topic for the session.
 - **5-10 minutes** - Other questions or concerns to discuss.
 - **5-10 minutes** - Consider what you want to do or be to grow based on the information from the session.
- This is a guide for how a session could look. You can choose to participate in the ways that feel best for you. You will not be forced to do things that you do not want to do.

Can I Stop If I Don't Like It?

- Yes, of course. However, I would ask that you try it long enough (2-3 sessions) to give yourself a chance to recognize how it may be helping you.
- The total time for one session will last about 50-60 minutes. We will meet two times in a month at a time that works for your busy schedule.
- The whole program will last for six months. We will have 12 total sessions. If at any point you do not want to continue, we can have a final conversation, and you can stop meeting with your growth group.

From the experiences other students and families have had already, I am confident you will have a great learning experience with the Growth Group program. .

Growth Groups WILL help you grow! You WILL enjoy the experience! And you will recognize the depth of the lessons even more in the future than you will now.

Part VII
Overview & Contact Information of Sharrett Counseling

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**Every Person
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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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Part VIII
Lawrence's Professional Bio

I am from the United States, and I am currently based in Europe as I serve international clients through online and hybrid counseling options. With 3000+ hours of counseling experience in hospitals, private practice, and group counseling settings, I serve clients as a mental health counselor, psychotherapist, leadership coach, or as an educational consultant. Most of my work with clients happens online; however, in some cases, in-person sessions are possible.

Throughout my career, I have gained valuable multicultural experience through the roles of professional athlete, international educator, pastoral leader, mental health counselor, and leadership coach.

Education has been an integral part of my professional training. Holding graduate degrees with high honors in Counseling Psychology & Psychotherapy, Educational Leadership, and Theological Studies, I work with individuals, small groups, and communities to facilitate experiences for well-being and leadership growth.

I have also had the privilege of serving 10 years as a professional educator (5 years for a public school system in the United States and 5 years for international schools in Bulgaria and Greece). This experience positions me to better serve clients, students, parents, families, educators, leaders, and those in people-helping professions.

I offer services in English for adults, adolescents, or children. I believe the Sharrett Counseling Growth Groups provide a vitally important service for parents, the youth, and for adults who are open to the potential for growth through this innovative counseling program.

Part IX

Video Introduction by Lawrence (Purpose of Growth Group Program)

To watch a video introduction by Lawrence, click here: [Video about Growth Groups](#)