

Invites you to its next forum

**Danielle Culling**

of

*relax* Kids

***Relaxation as a Lifelong Tool***

Danielle is a primary-trained teacher with a passion for children's well-being and emotional growth. She has been a Relax Kids coach for 18 months and has 2 young children of her own. Danielle will be sharing with us how she uses relaxation to help children recognise their strengths and manage their emotional journey through life. The relaxation techniques learned in the Relax Kids programme provide a toolbox of skills which can be transferred into later life. If children can learn to be calm under pressure at a young age, then they stand in good stead for their adult life.



**Tuesday 22<sup>nd</sup> September 2015**

**Alexander McMillan Room,  
Dunedin Community House**

**Lower Moray Place**

**7.30pm (doors open 7.15pm)**

**Cost: OAGC Members FREE Non-members: gold coin**

**Refreshments and snacks will be available after the talk for those who wish to stay behind to chat more with others.**

[www.otagogifted.org.nz](http://www.otagogifted.org.nz)

[www.facebook.com/OtagoAssociationForGiftedChildren](https://www.facebook.com/OtagoAssociationForGiftedChildren)