

21 February 2018

Dear Parents

It is with much excitement that **Team Lead 4 Life** will be hosting the **“Authentic Self” Workshop** for Grade 9 students at Rhenish Girls' High School on **Friday, 23rd February 2018**.

The **process** is designed to offer your daughter a **greater understanding of self with an emphasis on friendship and team dynamics**. It includes five areas of focus: (1) Personal ID and Branding (2) Emotional Intelligence (3) Mediation and Conflict Management (4) Friendship and Anti-bullying (5) My Health and Wellbeing, which will empower your daughter to gain an excellent insight into themselves.

Grade 9 Authentic Self Workshop

Please find below the necessary details for your daughter's preparation for the Authentic Self Workshop to be held at school. See details below.

- Date:** **Friday, 23rd February 2018**
- Commencing:** Please arrive at school at the normal time.
Process to commence at 08:00 and conclude at 13:00.
- Dress Code:** Physical Education attire. (Including: takkies, sunscreen, peak cap and water bottle).
- Facilitators:** Along with the respective class teachers, 8-9 Lead4Life facilitators will be attending the process.
- Lunch:** School to provide each learner with a small packed lunch.
- First Aid:** First aid will be provided for should the need arise. Certain facilitators have Level 3 First-Aid certification.

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