

Tutoring for the soul



How to feel confident and assured of your college choice by enhancing your emotional aptitude to handle any new situations, challenges and relationships!

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*Call today for
your free phone
consultation!*

freshzengirl® presents

**Emotional Fitness =
College Choice
Confidence**

**Personal training for your
emotions to gain
confidence, stress
management and effective
coping skills**



**Prep for college
by getting
emotionally fit!**

Phone: 973-229-5691

Emotional Fitness 101



College Bound

There are so many workshops and books available to help prepare you for college academically, financially, and organizationally **but are you ready emotionally?**

During that first, most critical year, nearly 25 percent of students at four-year colleges or universities drop out. College counseling centers are flooded and the top issues being presented are anxiety, depression and relationship problems (friends, roommates, family, and boyfriends).

I have worked with many college students and freshmen year is an emotional rollercoaster where the students are most susceptible to extreme emotional issues. Frequently these students leave the college they have worked so hard to get into because they have lost their confidence, ability to concentrate and are isolating themselves.

A five step program

You will learn:

- 1) **Coping mechanisms**
- 2) **Self Esteem/Confidence**
- 3) **Stress management/Mindfulness**
- 4) **Time Management skills**
- 5) **Positive Body Image**

All the Tools You Need

College is a new and exciting experience but it can also be anxiety-producing, intimidating, lonely and overwhelming! Be proactive and prepare yourself for almost any situation that may come up while you are away from home.



Feelings are never right or wrong and often cannot be stopped, but you can learn how to manage them so you come from a place of confidence and positivity. Changing the way you view situations, making sure your thoughts are accurate and not allowing your emotions to dictate your actions are all ways to becoming more emotionally fit. Learning effective coping mechanisms to handle any type of stressful situation and feeling confident are the keys to a successful college experience and being emotionally fit. Learn to:

- Navigating new friends
- Roommate issues
- Academic pressures
- Being completely independent.
- Managing your time and organizing your tasks.

Within just five one-hour sessions I can help your teen become more confident and ready to take on all of the new experiences that college offers, both personally and academically. One of the sessions includes working with Angie Oberhelman, LPC, LFYPI. She will teach mindfulness techniques to help your teen manage stress for a lifetime!

The phone consultation is free and the program is \$499 with no additional costs!

Call or email at **973-229-5691** or apositiveapproach1234@gmail.com and we can get started immediately!