

Tune-In

POWER IN CHOICE.

STRENGTH IN ACTION.

EMOTIONAL SKILLS PROGRAM FOR TEENS

Teen years can bring big emotions, pressure, and tough moments. Tune-In helps teens build **self-control**, make **confident choices** and respond in ways that **support their goals** and values.

YOU CAN'T
CONTROL EVERYTHING,
BUT YOU CAN
CHOOSE HOW YOU
SHOW UP.



Helping teens build **self-control**, make positive choices and take charge of their responses.

TEENS WILL BUILD SKILLS TO:



Recognise triggers
and early warning
signs



Pause, think
and make better
choices



Manage strong
emotions in healthy,
positive ways



Communicate
clearly and resolve
conflict respectfully



Set goals,
stay motivated
and bounce back

PROGRAM DETAILS



GROUP SIZE: Up to 8 students



DURATION: 5 weekly sessions (1 hour each)



LOCATION: Delivered at your school



COST: **\$1,500**

One inclusive fee covers everything.

INCLUDES:

- ✓ Five 1-hour sessions
- ✓ All materials & resources
- ✓ Student workbook
- ✓ No additional costs

WHY SCHOOLS CHOOSE TUNE-IN

- ✓ Solutions-focused and strengths-based
- ✓ Small-group support with real-life impact
- ✓ Practical tools teens can use every day
- ✓ Supports self-regulation, decision making and respectful relationships
- ✓ Delivered by an Accredited Social Worker
- ✓ Collaborative communication with school staff and families

“Empowering teens to make positive choices today for a stronger tomorrow.”



Let's work together
to support your
students to **thrive.**



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AASW

Accredited
Social Worker

Qualified.
Experienced.
Compassionate.