

B-ME 360: SELF DISCOVERY AND EMOTIONAL MASTERY

Are you ready to embark on a journey of personal growth and well-being? At B-Me 360, we offer a transformative and comprehensive programme focusing on self-discovery and emotional mastery. Our aim is to shape a healthier and more fulfilling future for children, teenagers, and young adults by providing them with the tools and knowledge needed to navigate the challenges of life with grace and resilience.

Program for Kids (7 to 12 years)

Our program for kids focuses on nurturing friendships, understanding emotions, and promoting overall health and well-being. Designed with the unique needs of children in mind, our program offers a safe and inclusive space where kids can learn the qualities of good friendships, develop empathy, and enhance their social skills. We believe that these foundational years are crucial in shaping their emotional intelligence and overall personality.

Program for Teens (13 to 16 years)

As children grow into teenagers, the emotional landscape becomes more complex. We dive deep into the world of emotion and equip them with valuable knowledge on a balanced and healthy lifestyle. Our program touches on areas like nutrition, physical fitness, and self-care. We also tackle issues relevant to teens, including concerns like gaming addiction, substance misuse awareness, and personal hygiene, all while emphasising the importance of friendships and relationships in their lives.

Program for Young Adults

Transitioning into adulthood can be a challenging journey. Our comprehensive program designed exclusively for young adults is here to help. From mastering vital life skills to prioritising your health and nurturing meaningful relationships, our program is your compass for creating a life of independence and self-confidence. Discover the tools and knowledge you need to navigate the challenges of adulthood with grace and resilience. Join us in shaping a healthier, more fulfilling future where you can embrace your full potential.

What Does the B-Me 360 Program Include?

Our B-Me 360 program takes a comprehensive approach to emotional and personal growth. For a session charge of \$85, you will have access to:

- Weekly 1-hour peer support sessions

- B-Me360 workbook and reflection journal (Additional \$60)
- Flexible attendance options
- NDIS compatibility
- Guidance led by qualified professionals

This journey is facilitated online on a weekly basis, making it easily accessible to anyone, anywhere. To join us, visit our website at www.brightlives.com.au today and embark on the journey to becoming the best version of yourself with B-Me 360