

Sara Armstrong



Change - Balance -Synergy

**Keynote
Break-out Sessions
Lunch and Learn
Half and Full day
Seminars**

Sara L Armstrong Ent. LLC
2295 Towne Lake Pkwy
Suite 116-197
Woodstock, GA 30189
Phone: 770-517-2558
Fax: 770-517-2558
sara@sarmstrong.biz
www.sarmstrong.biz



Friends Don't Make You Sad – Self Esteem for Middle Schoolers

Bullying has reached epidemic proportions in America's middle schools. Acts of physical violence, spreading rumours, cliques, vicious teasing, group attacks and cyber bullying can cause students to skip school, drop out of school and develop problems later in life. The workshop can be customized for presentation to students, parents and education professionals.

You will learn:

- What to do if you are bullied
- How to protect yourself from bullies
- How to know if you are a bully
- How to maintain your self esteem and personal integrity

The workshop can be customized for presentation to parents and education professionals.

Contact us today to book Sara Armstrong for your event.



Change - Balance - Synergy