

Sara Armstrong



Change - Balance - Synergy

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

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Don't Cross the Line – Relationships in High School for Education Professionals

Everyday the news is filled with stories of relationships turned violent. College, high school and middle school students are not exempt. Fitting in socially at school these days means having a relationship. This creates enormous stress on young people. Peer pressure and unrealistic romantic notions often overcome self-esteem, judgment and common sense.

Sara Armstrong addresses this frightening phenomenon with candor and courage. She is a trainer and speaker whose extensive life experience gives them a realistic, practical perspective.

Their seminar gives education professionals advice on relationship danger signs, maintaining self-esteem and resisting peer pressure.

Contact us today to book Sara Armstrong for your event.



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