

TALKS AND WORKSHOPS FOR SCHOOLS AND PARENT ASSOCIATIONS

Tools to grow, learn and feel better.

Engaging sessions to promote psychological wellbeing, prevent difficulties and offer practical tools to students and families.



Who decides what I am worth?

Self-esteem, social pressure and bullying

Independent judgement, handling criticism and tools to face rejection, bullying and peer pressure.



Who is in control?

Phones, social media and attention

Digital habits, concentration, rest and strategies to regain control over technology use.



Learning to achieve goals

Motivation, habits and study skills

Organisation, consistency and effective techniques to turn a goal into a practical plan.

Adaptable content

Tailored to age, school needs and sessions for students or families.

Let's find the right proposal for your school

Psychological concepts made accessible through examples, questions and practical exercises.

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