



CONCEPT SPACE TO DEVELOP THE SELF

SUMMER TEENS PROGRAM

JULY - AUGUST 2016



About our summer teens program

This summer Academica has prepared an amazing and unique program which will give your kids or teens tools to become young adults feeling good about themselves and armed to face their new challenges.

These interactive and practical modules have been designed to allow kids (10-12 years), teens (13-15 years) and (16-18 years) to build their lives on values, to recognize and express their emotions, to identify the power of their positive thoughts, to learn how to ask in order to receive, to respond to bullying, to build, strengthen and increase self confidence, to develop their talents, detox their minds, to have a clear vision and to protect themselves on social media...

Enrol them in this program...they will enjoy being themselves!

"Stimulating limitless to becoming what we are"

Academica is a concept space dedicated to the development of the self.

Our core objective is to help all individuals achieve their aims and unleash their potential in both their personal and professional lives.

By accompanying them on a journey to their inner-self, Academica helps them develop, improve and grow. Inspired by Pindar, Academica's mission is addressed to all those who want to undertake a path towards success and self-realization.

10-12

YEAR-OLD KIDS

APPRENDRE À GÉRER SA VIE

by Nayla Sioufi Yazbeck

Tuesdays, from 9:30 AM to 11:30 AM

July 19: Entrer en relation avec les autres et savoir choisir ses amis.

July 26: Comprendre et gérer les émotions de base.

August 9: Comprendre et gérer ses peurs.

August 16: Prendre du recul face aux situations négatives.

STOP BULLYING NOW

by Mary Bakkar

Tuesdays, from 11:30 AM to 1:30 PM

July 19: Bullying defined.

July 26: Defending yourself when threatened by school bullies.

August 9: Dealing with Cyber bullying.

August 16: Asserting yourself against bullies.

RÉSEAUX SOCIAUX EN TOUTE SÉCURITÉ

by Rania Nasr Saliba

Thursdays, from 9:30 AM to 11:30 AM

July 21: Facebook, WhatsApp, Instagram... mon réseau, mes amis.

July 28: Je partage ou je garde privé?

August 4: J'ouvre l'oeil et j'en parle.

August 11: Je me protège.

DÉVELOPPER UN ESPRIT CRITIQUE FACE AUX MÉDIAS

by Georges Chédid

Thursdays, from 11:30 AM to 1:30 PM

July 21: Publicité: je choisis mes produits.

July 28: Télévision: quelles valeurs j'aimerais adopter?

August 4: Musique: j'écoute et j'entends entre les lignes.

August 11: Je réfléchis, je choisis, j'agis.

13-15

YEAR-OLD TEENS

COMPÉTENCES DE VIE

by Nadyne El Hage

Mondays, from 9:30 AM to 11:30 AM

July 18: Bien se connaître.

July 25: Maîtriser sa colère.

August 1st: Savoir vivre, savoir faire.

August 8: Renforcer son estime de soi.

LOOK GOOD, FEEL GOOD

by Nancy Abdo

Mondays, from 11:30 AM to 1:30 PM

July 18: How to organize and detox your mind.

July 25: How to deal with stressful situations.

August 1st: How to stay fresh inside out.

August 8: Renew yourself, meet your beautiful you.

STOP BULLYING NOW

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July 19: Bullying defined.

July 26: Defending yourself when threatened by school bullies.

August 9: Dealing with Cyber bullying.

August 16: Asserting yourself against bullies.

OSER ÊTRE SOI-MÊME

by Nayla Sioufi Yazbeck

Tuesdays, from 11:30 AM to 1:30 PM

July 19: Repérer et s'approprier ses valeurs de base.

July 26: Agir dans le moment présent pour être heureux.

August 9: Concevoir une vie inspirante.

August 16: S'affirmer.

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July 28: Je partage ou je garde privé?

August 4: J'ouvre l'oeil et j'en parle.

August 11: Je me protège.

16-18

YEAR-OLD TEENS

EXPRESS & REFRESH

by Nancy Abdo

Mondays, from 9:30 AM to 11:30 AM

July 18: Learn how to coach yourself during changes.

July 25: Stress reduction exercises for body and mind.

August 1st: Boost your creativity and meet the creative you!

August 8: Have a clear vision and learn how to make yourself feel good.

COMPÉTENCES DE VIE

by Nadyne El Hage

Mondays, from 11:30 AM to 1:30 PM

July 18: Bien se connaître

July 25: Maitriser sa colère

August 1st: Le “body language” du flirt

August 8: Renforcer son estime de soi

BÂTIR SUR DES BASES SOLIDES

by Nayla Sioufi Yazbeck

*Wednesdays, from 9:30 AM to 11:30 AM (Group 1)
or from 11:30 AM to 1:30 PM (Group 2)*

July 27: Repérer et s'approprier ses valeurs de base.

August 3: Prendre conscience de ses atouts à travers la gratitude.

August 10: Concevoir une vie inspirante.

August 17: Être aux commandes et responsable de son avenir.

RÉVEILLENZ VOS TALENTS

by Michèle Fattal

*Wednesdays, from 9:30 AM to 11:30 AM (Group 2)
or from 11:30 AM to 1:30 PM (Group 1)*

July 27: Solliciter ses ressources.

August 3: S'organiser.

August 10: Se concentrer.

August 17: Développer son intelligence émotionnelle.

STOP BULLYING NOW

by Mary Bakkar

Fridays, from 9:30 AM to 11:30 AM

July 22: Bullying defined.

August 5: Defending yourself when threatened by school bullies.

August 12: Dealing with Cyber bullying.

August 19: Asserting yourself against bullies.



REGISTRATION PROCESS, FEES & OFFER

This summer, Academica created a unique program for teens!

Select the module(s)* of interest to you and book your seats now by:

- calling us on 04 724 524/3
- emailing us on academica@academica.me
- reserving tickets at any of Librairie Antoine branches (01 483 513) or online www.antoineticketing.com

*module(s): every module includes 4 sessions, each one taking place once per week during 4 weeks.

Registration Fees: \$90 per module.

Special Offers:

- Benefit from a 15% discount when registering for more than 1 module.
- Benefit from a 50% discount for the registration of a third family member (brother/sister).



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