



# Survive and Thrive Pop Up Coaching Session For Middle School Students & Parents

Hosted by Hillsborough County Middle School Counselors

**Date: Wednesday, December 16<sup>th</sup>**

**Time: 6:00pm-7:00pm**

**Location: Virtual-Zoom**



**6:00pm –General Session**

**Opening and Welcome**

Shanshera Quinn, School Counseling Services & Angela McKinnon, Young MS

**6:30 pm – Breakout Session (5 choices to choose from for students)**

Session 1	<b>"My Vibe, is all about Self-Care": How do I show myself more love?</b> Covid-19 took us all by surprise and trying to find the right vibe through the day can be hard at times. This session will help you identify what you need to ignite your positive vibe by learning fun, creative ways to show yourself more love on the road to becoming resilient.	Ermide Woods, Coach Sulphur Springs K8 School Angela McKinnon, Coach Young Middle Magnet School
Session 2	<b>"Mindfulness and Flow": Find your Zen even during stressful times</b> This session will help you identify ways to bring yourself back to calm in any situation. You will learn how to vibe and flow.	Sharon Seabrooks, Coach Progress Village Middle Magnet School Kim Laurence, Coach Jennings Middle School
Session 3	<b>"Something to Talk About": Essentials of Effective Communication</b> You will learn strategies on how to successfully communicate with just about everyone.	Kristie Huether, Coach Mulrennan Middle School Laura Hottenstein, Coach Rodgers Middle School
Session 4	<b>"Stress Rehearsal": Practicing How to Cope.</b> You will grasp how to keep calm and reduce your stress by learning some relaxation techniques. You will practice steps to feel calm and practice steps to manage big emotions. You will learn how to develop a growth mindset.	Heidi Young, Coach Orange Grove Middle Magnet School Michele Esterkes, Coach Martinez Middle School
Session 5	<b>"Finding the Balance": Time Management and Organization Tools for the Middle Schooler.</b> You will learn effective strategies for managing your school responsibilities while also learning to fit leisure time into your life. You will receive tools to help you track how you currently spend your time and tools to help you manage your time more efficiently.	Shell Wicker, Coach Coleman Middle School Debra Bermudez, Coach Stewart Middle Magnet School

### Parent and Family Sessions (choose one)

Session A	<b>"Parenting with Love and Logic": Managing Anger and Frustration</b> Parents will acquire and practice skills to manage difficult conversations in their homes while building resiliency in their children during the current trauma we as a nation are walking in and through.	Jennifer Shiver, Coach Brandon Alternative School Lisa Shaw, Coach Madison Middle School
Session B	<b>"Students' Roadmap to Success" – Parent Q&amp;A Session</b> Learn and receive success tips for your student's middle school promotion requirements and how they can create academic goals to be high school ready and college bound. Most of all, you will get your questions answered.	Phyllis Walters, Coach Ferrell Middle Magnet School Angela Zeman, Coach Rodgers Middle School
Session C	<b>Todo sobre el bienestar emocional y la salud mental-Sesión en español:</b> Reciba respuestas a sus preguntas específicas con respecto al bienestar emocional.	Monica Gilman, Coach Bilingual School Counseling Services

**Sign up ASAP. The event is capped at 300 participants.**

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