



High Res Youth Empowerment (16+)

High Res is a coaching programme designed to motivate and inspire young adults (16+) to grow their resilience, positivity, energy and engagement with the adult world they're emerging in to.

Each hour long, high energy coaching session works to build character, from how to manage tasks, managing fear and building self belief. High-Res also looks at the most effective steps toward reaching goals and harvesting dreams.

Participants will receive a Be Champion High Res Workbook and completion certificate alongside the confidence to enter their next stage of life with purpose.

Cost - \$450 for 6 sessions, including GST and all resources.

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