



Embracing Imperfection

Support Group for High School Students



Dates: 10/26, 11/02, 11/09, 11/16, 11/30, & 12/07

Time: 4:00pm to 5:30pm

Where: 212 Rt 38 W, Suite 200, Moorestown, NJ 08057

Cost: \$239 for the whole program

Space is limited to only 8 participants



CONTACT

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Dr. Gurpreet Kaur is a Licensed Professional Counselor, a Private Coach, and a Speaker. She specializes in serving the social and emotional needs of the highly intellectual adolescents and adults, who feel lost in the mundane details and complexity of this world. She helps them with the flooding of emotions, overwhelming need to do the right thing all the time, difficulty in decision-making, over-analyzation, and feelings of not good enough at times. Through coaching and counseling, clients feel more in control, grounded, and whole. They also learn to align with the internal Self and to positively channel their emotional intensity on their existential journey with Dr. Kaur.

Group Curriculum

Week 1: Introductions & Team Building
Week 2: Our Greatest Enemy: The Inner Gremlin
Week 3: The Comparison Game: You Never Win
Week 4: Authenticity vs. Achievement
Week 5: Getting Real With Resiliency
Week 6: From Inner Bully to Best Friend

Interested in offering this program at your school? Please contact Dr. Kaur for more details.