TENEO
SA'S NO.1 ONLINE SCHOOL

CONNECTABLE LIFE
MIND • BODY • WELLNESS

# Online Counselling and Therapy

## Ages 6 - 18+

Online mental health and wellness platform



## About

**Empowering through Wellness:** Connecting Lives and Redefining Care. Embrace a stigma-free world with our vision of accessible healthcare. Make healthcare the norm for all with our seamless system. We strive to highlight the value in seeking help and advocate for wellness over illness. Rooted in gratitude, empathy and integrity: we champion well-being.

**Our Benefits to Teneo Learners, Parents:**

Connectable Life offer a database of over 100 specialists

- **Skills for students:** Through our webinar programs and personal therapy options, Teneo students can develop crucial life skills such as emotional intelligence, stress management, social skills, boundaries, and effective communication.
- **Support for parents:** Parents can gain valuable insights into supporting their child's well-being, enhancing family dynamics, and fostering open communication through Connectable Life's webinars and therapists.
- Online 1 on 1 Specialist Counselling and coaching in the fields of: Mind, Body, Wellness
- Smaller (more intimate than a webinar) group counselling/coaching sessions available
- Provision of a professional network referral list that the staff, parents and students can access for various support needs.

(This must include an educational psychologist and career guidance specialist). We have a series of questionnaires to help guide clients. We give personal recommendations and a quick discovery chat when needed.

## Duration

Throughout the year

## Cost

Contact for pricing

## Who can join?

Ages 6 - 18+, parents and teachers

## Learner responsibilities

- To take the opportunity of the webinars which is given to them in this form of counselling/ coaching.
- To book the 1 on 1 when they are feeling they need advice or direction.

## Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now

# An All-in-One Wellness Companion

Discover a new way to prioritize your health and mental well-being with Connectable Life, the innovative wellness platform designed to support your journey to a happier, healthier you.

Watch video →

