

Evidence-Based Coaching Programs

Today's campers face increasing academic pressure, social challenges, and emotional stress. Mrs. Robin's Nest Summer Mindset workshops help children develop the inner skills they need to thrive at camp, in school, and in life.

Summer Mindset Workshops are structured, skills-based programs designed to support youth development, social-emotional learning (SEL), and positive behavior while remaining engaging and age-appropriate for summer camp settings.

These programs integrate seamlessly into existing camp schedules and provide campers with practical mindset tools they can apply immediately in camp and beyond.

Program Details:

Ages Served:

Kindergarten to 8th grade

Format:

Each session is 1 to 1.5 hours in length

Delivery:

Small or large group sessions.

Schedule:

Packages are generally delivered once a week for 5 to 8 weeks depending on the package or needs of the campers.



About Mrs. Robin

- * 30 years working with children
- * 20 years as a center director
- * B.S. in Elementary Education
- * M.A. in Psychology
- * Certified Elementary Teacher
- * Certified Wisdom Coach®
- * Fully background-cleared and insured



Why Choose Summer Mindset Workshops?

- ⇒ Delivered on-site by an experienced visiting educator.
- ⇒ Supports SEL and character development goals
- ⇒ Engaging, age-appropriate, and interactive
- ⇒ Flexible scheduling
- ⇒ Customizable for your campers

For more information:

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Call or Text:

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Mrs. Robin's Nest

Summer Mindset Workshops



Our Coaching Workshops support kids in strengthening:

Confidence • Resilience
Courage • Leadership
Decision-Making

Experience our workshops on-site at your summer camp, delivered by Mrs. Robin Foltz,



www.mrsrobinsnest.com



Strong Choices

(6 Sessions)

Kids learn how to stand strong in the face of pressure online and in person.

Campers learn to:

- Clarify personal values
- Make decisions ahead of pressure
- Say "no" confidently and respectfully

Focus: Decision-making • Boundaries • Self-respect



Courage in Action

(7 Sessions)

Courage comes first confidence follows.

Campers learn to:

- Act bravely despite fear
- Build confidence through experience
- Navigate new situations with ease

Focus: Independence • Leadership • Adaptability



Dragon Slayers

(8 Sessions)

Life doesn't always go as planned. This program teaches kids how to bounce back.

Campers learn to:

- Handle mistakes and disappointment
- Manage fear and frustration
- Use positive self-talk and visualization

Focus: Resilience • Emotional strength • Perseverance



Brave & Confident

(5 Sessions)

Kids learn that confidence isn't something you're born with it's something you build.

Campers learn to:

- Take action even when they feel nervous
- Believe in themselves after mistakes
- Participate instead of sitting on the sidelines

Focus: Self-belief • Initiative • Participation



Dream It. Plan It. Do It!

(8 Sessions)

Big dreams become possible when kids take action.

Campers learn to:

- Create a vision for their future
- Set realistic, motivating goals
- Use visualization, affirmations, and gratitude

Focus: Motivation • Goal-setting • Accountability



Ready for What's Next

(6 Sessions)

A perfect late-summer program to help campers transition confidently back to school.

Campers learn to:

- Build self-esteem and confidence
- Take responsibility for routines and learning
- Manage change even when nervous

Focus: Confidence • Responsibility • Transition skills