

For Ages
11-14

Spotlight on **Success**

Improvistional Theater & Mindfulness: Social Skills Learning for Everyday Life

Does your child have trouble making friends?

This program helps young people have fun:

- Developing relationship skills
- Learning to work together in groups
- Identifying their own and others' feelings;
- Building self-esteem.



The program was developed by people whose professional experience, passion for teaching, and sense of fun created the perfect synergy. The creators, Carol Moog, PhD and Tema Esberg, facilitate each workshop together.



Carol Moog

Carol Moog, PhD is a licensed psychologist with over 35 years experience in private practice and is the Clinical Director of the Social Learning Disorders Program at the U of PA's School of Medicine.



Tema Esberg

Tema Esberg, a professional actor, has 26 years of experience performing and teaching theater, improvisation and socio-drama.



Web: www.ImagineAct.com