



IB Connections

A **NEW GROUP** for teens preparing for the IB Diploma Program.

Are you in **Grade 10/Year 11** and planning to start the IB Diploma Program in the fall of 2026?

IB Connections is an 8-week social/support group to provide a safe space for **15-16 year olds in Vaud, Switzerland** planning to start the IBDP to connect with themselves and each other in a meaningful way that will help them to **feel prepared, supported and confident heading into the IBDP.**

When: Every other Tuesday from **16:30-18:00** starting **February 24th**

(Session dates: Feb 24, March 10, March 24, April 21, May 5, May 19, June 2, June 16)

Where: Lausane Therapy Space

(Rue du Grand-Pont 18, 1003 Lausanne)

Cost: 450chf for full 8 sessions

Teens will learn skills and strategies to:

- Balance social life and school work
- Understand IBDP language and expectations
- Manage your parents when they're nagging you about school work
- Advocate for yourself with teachers
- Identify strategies to find the help you need
- Manage peer pressure and competition
- Identify healthy routines that fit you and your priorities and stick to them

About the Facilitators

Daniel Johnston - Counsellor with expertise in teen development and 15 years of experience supporting teens (and their parents) through the IBDP both in and out of schools.

Jane Pfefferlé - Adlerian therapist working with families offering parenting and teen support, either individual or group, for over 20 years.

Register Here!



Scan to Learn More!