



INTERACTIVE WORKSHOPS FOR STUDENTS

30 MIN–1 HOUR

LIVING BEYOND LABELS

Encouraging, equipping, and empowering youth/young adults by teaching practical ways to live after failures, adjudications, and diagnoses, not allowing the labels to limit their lives.

PUT YOUR PRIDE ASIDE

Teaching students how to identify pride, the potential long-lasting effects, and positive ways to respond to pride.

WHAT THE FEELINGS?: EMOTIONAL REGULATION

Teaching the basics of emotions and practical tips on regulating emotions for adolescents.

PURPOSE OVER PAPER

Practical ways to deal with the daunting and haunting question that lingers in the back of every high school student's mind. Teaching how career selection is more of a discovery of purpose than a hunt or paper-chase.

INTERACTIVE WORKSHOPS FOR PARENTS/TEENS

INSIDE OUT: NORMALIZING FEELINGS IN MY HOME

Teaching emotional regulation for children and parents of children and tweens.

MY TEEN HAS ISSUES!: WHAT TO DO & NOT TO DO

Bringing hope and practical tips to parents of adolescents.

MY PARENTS DON'T GET ME! WHAT CAN I DO?

Bringing hope and practical tips to adolescents who realize that their parents are human, too.

PROFESSIONAL DEVELOPMENT

TAKE OFF THAT CAPE!: HOW TO NOT BRING WORK HOME

Teaching on the importance of self-care, the dangers of not having it, and practical ways to implement self-care into their everyday lives.

LIFE'S HARD, HOW ARE YOU COPING?

Teaching on 3 of the biggest negative coping skills that people run to, the destructive impact that these three have upon one's life, and 3 positive coping skills to implement in order to avoid falling into them.

NEEDS

- A meeting space for assemblies/workshop
- Microphone and spaker system suitable for the room size
- Projector and projection screen, or large display with laptop connectivity
- Access to electrical outlets and reliable Wi-Fi, if needed

COST

Negotiable per workshop.

CONTACT INFORMATION

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