

BECOMING AN EMOTIONALLY HEALTHY YOUTH

WHO DOESN'T NEED A LITTLE SUPPORT ALONG THE WAY?

TOPICS COVERED IN THIS SAFE, **INTERACTIVE 5 DAY SESSION** ARE...

- ★ Discover your unique personality type
- ★ The 5 agreements
- ★ 7 communication challenges
- ★ Self-esteem / Self-image / Self-talk / Self-compassion
- ★ The 6 pillars of self-esteem
- ★ Understanding emotions
- ★ Defining emotions
- ★ Signs of emotional manipulation
- ★ How emotions can affect your decision making
- ★ Establishing healthy boundaries
- ★ Emotional intelligence
- ★ Body language
- ★ Anxiety
- ★ What are your personal values, principles, beliefs, & getting solid with them
- ★ Happiness & resilience
- ★ The 6 mood thieves
- ★ Good vs. bad habits
- ★ How to make good habits stick
- ★ Creating your own Personal Board of Directors
- ★ Life Lessons
- ★ The 7 grandfather teachings
- ★ 7 powerful beliefs
- ★ Forgetting what others think
- ★ Etiquette and dress
- ★ 20 signs you are evolving into your own person
- ★ Stress – use it – beat it
- ★ Make your own vision board