

## **Teen Empowerment Project**

Support young people through these changing and challenging times.

Outcomes:

Using yogic science we cultivate personal strengths and conviction to be conscious creators of their future with a healthy mindset and positive self image.

### **MODULE 1 Adaptability and Resilience**

Learn about their unique strengths and how to use them in challenging situations and how they can effectively adapt effectively through a changing world. We include yoga and mediation being healthy, safe and active to cultivate strength and resilience.

### **MODULE 2 Pursuing Conviction and Entrepreneurial thinking**

Discover through tapping into their unique gifts and talents what they would offer if they were to create a business or become a leader in their chosen area of work. Learning what having conviction means as a life skill to spearhead their dreams.

### **MODULE 3 Empathy and Emotional Sensing**

Kids that cultivate a sense of empathy and kindness are self aware and self compassionate. We guide them to understand, regulate and harness their emotions and turn them into strengths. Investigate how empathy and ethical decision making contribute to respectful relationships.

### **MODULE 4 Curiosity and Insight**

Understanding the brain and meditation, where thoughts are hijacked as a teen and how to manage mental health. Insight is a result of curiosity. Students are encouraged to learn about the power of their mind and break though negative self-talk.

### **MODULE 5 Vision**

Creating an internal vision of a positive self-image, a result of the previous 4 weeks by making a vision board or book with solid goals and action plans to implement. The springboard that launches them forward toward better things.

Each session involves a meditation visualisation and course notes plus there may be fun predatory work given as well. They may also be yoga and movement sessions. No previous experience is necessary for this.

Grades 7 - 12.

Grades 7 expressive through pictures etc.

Period  
90mins

Here is a fun thing id like to add on the website that will entice kids to sign up (see below)

Free strengths test they can do between sessions. <https://www.viacharacter.org/>