

Workshop Description

PERSONAL DEVELOPMENT

Character Education Development

This workshop concentrates on the approach to character education which fosters school and community respect by structuring the student experience around certain key concepts. These concepts provide values + direction for students, guiding them in their choice of behavior and attitudes. “Character education helps young people develop into the person they profess to become, know and, love.”

Decision Making Skills

This workshop targets middle and high school aged youth who are at risk of school failure, teen pregnancy, violence, drug abuse, and gang involvement. It focuses on developing and enhancing decision making skills and encourages healthier self perception, interpersonal relationships and parenting skills. Use the ForeSight Decision Making Model and discover how the process of decision making evolves from personal values, family influences, culture, beliefs, and experiences.

Building Self-Esteem and Assertiveness Skills

How do you get what you want without being pushy? Discover techniques that dramatically change how you feel about yourself. Hand in hand with building your self-esteem is learning to be more assertive. Learn how to express yourself with confidence, ask for what you want, and identify the steps you need to build your self esteem.

Health and Wellness

This workshop will assist students in developing and appreciating performing exercises that build strength, endurance and flexibility as well as to motivate students in adopting and maintaining a healthy diet required to live a physically active lifestyle.

Power to the “P”

Discover the ten step blueprint for setting goals and getting synergistic results. Identify and use past expressions to formulate future goals and eliminate choices that may have been detrimental in the past. Master the skills that will propel you to transform your life and make your dreams become realities.

Exploring the Use of Language – (THE POWER OF WORDS)

In this workshop, participants are asked to find definitions for words such as; prejudice, discrimination, racism, sexism, homophobia and others. This enormous power is in the meaning of the words, what they mean to the person who hears them. It's more than simple communication, truth, falsehood and the infinite shades between them. For generations, words have the power to influence other people's thinking and behavior.

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PERSONAL DEVELOPMENT CONT.

Conflict Management: Getting Along in the Workplace or School Environment

Conflict occurs when two or more people try to take different actions or reach different goals.

It is important to be able to identify the nature of the conflict and to separate the factual issues from the emotional issues in order to reach conclusion. The following issues will be addressed: Interpersonal communication; gender differences at work; guidelines for handling communication breakdown; listening & questioning skills, giving and receiving feedback, the 4 C's of conflict management, and how to effectively handle a conflict situation.

Managing Stress Before It Manages You

Today's workforce is experiencing job burnout and stress in epidemic proportions. This workshop explores the causes of such stress, and suggests appropriate initiatives for the organizations and its members to undertake. Learn to identify the symptoms of stress/burnout? Discover the factors that impact our ability to manage stress by providing organizational support and communication. Encourage proper nutrition, exercise, relationships, and relaxation to improve stress management. Explore de-stress techniques you can use right now.