

# *Coaching Workshops for Youth*

*Workshops are divided in age groups ages 8-12 and 13-18*

## **Creating Confidence In You**

Discover what confidence means to you. Find the essential confidence boosters that you need to elevate your self-esteem, self love, and life's path. Learn ways to build confidence in yourself and your life's passion.

## **Ways to Enhance Life Performance**

You will receive simple and efficient ways to perform optimally and functionally.

## **Anxiety Busters**

Learn the truth about anxiety and ways to handle it. Learn how to calm your fight or flight responder quickly. Learn how to live in a state of peace. This workshop will help you lower your stress and increase your vitality.

## **Communication Station**

Learn the six key words that are in the way of communication and connection. Identify ways to create connection. This workshop will help you on stage, in interviews, and auditions.

## **Empowering You**

Learn what inspires and motivates you today. Identify the key components to your passion, presence, and purpose. Find how you fit in. Walk away feeling alive.

## **Fueling Your Life**

Learn what your body needs for energy on all levels. You will learn how to maximize your energy after this workshop.

## **Conscious Relationship**

This workshop focuses on increasing self love self confidence and self esteem. You will have a better understanding of yourself and others.

## **Visioning**

Learn how to deliberately create the life you really desire. Learn how to create clear intentions in all parts of your life.

## **Mental Strength & Endurance**

This class provides you with ways to strengthen your mind, manage your thoughts, and regulate your emotions. You will also gain an understanding of the brain and exercises to maximize its strength.

## **Break Through Barriers**

Learn how to break through fear, and anything in your way mentally, physically, spiritually, and

## **The Truth About Stamina**

Learn how to build strength and endurance mentally, physically, spiritually, and emotionally.

## **How to learn and retain quickly**

Learn the tools necessary to learn and retain information quickly and efficiently. This will enhance your relationships, your business, and your career.

## **Designing a Path After High School**

For juniors and seniors in high school who have a passion and/or purpose, and at this stage, need direct and supportive guidance in choosing their next steps. You will have clarity of the pathways that exist in this reality for your next action steps.

## **Youth Skills**

Learn the skills necessary to live an abundant lifestyle. You will receive a self assessment that aligns with this reality.

## **Student Life Balance**

Learn how to balance your dance and personal life. Learn simple and efficient ways to feel balanced in all parts of your life.

**\*\*Classes online and/or in person\*\***

For more information:  
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