

Leadership and Life Skills University *Just for Pre-teens and Teens*

Being a teen is hard today! There are many pressures and challenges that make life difficult. If you would like your teen to succeed at life, having them work with a professionally trained life coach will help them gain tools and make changes to successfully navigate life and develop stronger relationships.

We offer five courses in our Leadership and Life Skills University. Each course is 4-8 weeks long, individually tailored to your teen and comes with a certificate of completion. Prices are: \$25-\$35 per session.

Self-Esteem- Teens will discover that God made us them unique and desires for them to develop a healthy view of themselves. Together we will uncover their strengths and weaknesses, which will allow them to learn to appreciate and respect themselves, faults and all. They will also learn to recognize Satan's lies and the performance trap that many of us fall into. They will start to build their self-worth on Jesus, not on others and replace harmful thoughts with God's truth.

The Confident Teen- Teens will learn and practice the 7 habits of effective living. They will grow and develop important areas of their life and learn to improve their self-image, build friendships, resist peer pressure, achieve their goals, and appreciate their parents.

Social Media Success- Teens learn to how to safely use social media, choose friends over followers, find tips for navigating cyberbullying, and discover new ways to get back in touch with their own life—without their smartphone or other devices.

Friendships- Avoid drama and create and maintain a healthy social life while expanding the quality of your connections. You will get a sense of who you are as a friend and appreciate your authentic, God-given qualities you can share with others. Before you know it, small steps will lead to big changes and you will find yourself more confident, connected, and happy.

Communication- Learn how to communicate effectively in any situation, whether it's online or at school, with friends, parents, bullies, or cliques—any tricky situation life throws yours way. Many teens spend most of their time communicating through texting and social media and forget how to engage in real-life, face-to-face communication. Some teens also feel pressured to be nice, rather than assert their opinions. They may fear being called bossy or pushy when speaking their mind or offering a different point of view. In this course, teens will learn communication techniques that will help them communicate clearly, be assertive and move ahead in life.