

**Oh Shift!** Teen workshop led by empowerment coach, Keith Senzer. Based on the book by Jen Powers, this interactive 6 week workshop helps teens become more confident, build self-awareness and learn how to take control of their actions/reactions.

Each week the teens and their coach will explore a different area of focus and participate in various activities and conversations:

Week 1: Self-awareness: build self-awareness to better understand who you are and what makes you tick, so you can more easily fine-tune your clock.

Week2: Oh, Shift!: use your words to create your reality in school, your personal life, and relationships. This one is a game-changer!

Week 3: Flow: practice acceptance of yourself, your circumstances, and other people so you spend less time in resistance and more time in the state of peace and productivity.

Week 4: Change: discover why creating positive change is difficult, even when you really want it. Change isn't easy, but understanding what keeps you stuck is so helpful.

Week 5: Reactions: recognize that things don't happen to you, things just happen. But it's how you react to those things that gives you the control you yearn for.

Week 6: **Personal Power:** understand that you are not a victim of other people, events, the system, or fate. But instead you can choose to be a victor by holding yourself accountable for your feelings, actions, and choices.

Participants will be provided all course material. A deposit of \$150 is required to reserve your spot. If the participant completes the entire 6-week program, we will refund your deposit. (TSVF will pay for the course).

The Sophia Valsamos Foundation is proud to sponsor this special youth empowerment program. We know that your teen and their family and friends will ultimately benefit from the lessons they learn in this program.

This is not a Half Hollow Hills School District sponsored or endorsed activity.

## CALLING ALL SHIFT HEADS

6 week the interactive workshop for teens grades 9-12

FUN, EASY

strategies to build self confidence self awareness happiness

Listed by empowement coach, Kenth Sammer

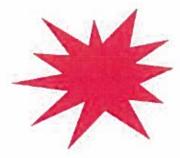
Wednesday evenings October 3rd- November 14th 7:00 pm - 9:00 pm

Location:
Mid Island Y JCC
45 Manetto Hill Road
Plainview

SPONSORED BY THE SOPHIA VALSAMOS FOUNDATION

FOR COMPLETE DETAILS AND
REGISTRATION VISIT:
WWW.TSVF.ORG/ EVENTS

Oh, shift!



How to change your life with a little f'in shift

BASED ON THE BOOK BY JENNIFER POWERS



Note: This is not a Half Hollow Hills School District sponsored or endorsed activity.