



IDENTITY
6 hours

IDENTITY WORKSHOP

IDENTITY ISSUES

ABOUT

A strengths based approach to identity profiling for young people to help them answer the following questions.

Who am I? What am I good at? Where are my roots? Am I smart? What is a passion?

Week 1 Unique Freak

Special presentation by MADD messenger using music art and drama to highlight a talk about self acceptance.

Week 2 Utalk

An interactive session addressing and combating unhealthy self-talk

Week 3 Cultural Roots - Where am I from

Identifying the strengths and values of our heritage and culture.

Week 4 Smarts -I am smart

Introduction to the 7 pillars of thinking. An opportunity to see the different smarts within each person and how these work collectively

Week 5 Talent / Passion

Identifying natural abilities and passion driven abilities.

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Week 6 Connecting and Celebrating session

Learning how to connect with their peers, how to ask questions confidently and celebrating with food and key rings in this session.

COST: \$1600

LENGTH 6 HOURS OVER ____ WEEKS