

Our youngsters have so many choices to make each day

Managing their time wisely



Choosing good quality friends



Alcohol, drugs, sex, and social 'options' and invitations



Getting along with parents and siblings



Our youth of today have so many challenges, options, and invitations that may leave them confused. At a time when they are seeking independence yet unskilled in making their own choices, they can feel empowered when using this process to make good choices easily and confidently.

Typically, teenagers – like anyone - make over 95% of their choices unconsciously and less than 5% of them consciously. So, of the 5% of their time spent making their choices the remaining 95% of their time is either spent enjoying the Good Results or..... Coping with the 'Consequences'

* **Good Health and Education**

* **Confidence in One's Judgment**

* **Caring and Trustworthy Relationships**

* **Declining Health, Grades, and Risk of Dropping Out of School**

* **Lacking Confidence and Seeking Approval of Others**

* **Possible Insecurity, Isolation, or Depression.**

In our highly-interactive

After Me, You're First

workshops, teenagers learn how to:

1. 'Picturize' the situation when he or she needs to make a choice.
2. Identify the three types of choices and a process to use for each.
3. Understand how to be his/her own 'self-empowered personal policeman'.
4. See, pictorially, how helping others is extremely beneficial and rewarding to self.
5. Unite with others to use this process across all ages, creeds, and cultures in any community.

These workshops are the beginning of an ongoing process with a buddy system for support and accountability.

More empowering than 'For every action, there is a reaction' is: 'For every action, we each have a choice of how to react'

Call 949-378-4126

to schedule a workshop for your youth group

Each workshop is customized to the age of the attendees and can added as a supplement to other programs to unite educational efforts around OC and our world.

Workshops available for all ages. Call for details.

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Local Choices for Global Harmony

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www.CAREacterBasedSuccess.com/teenagers.htm