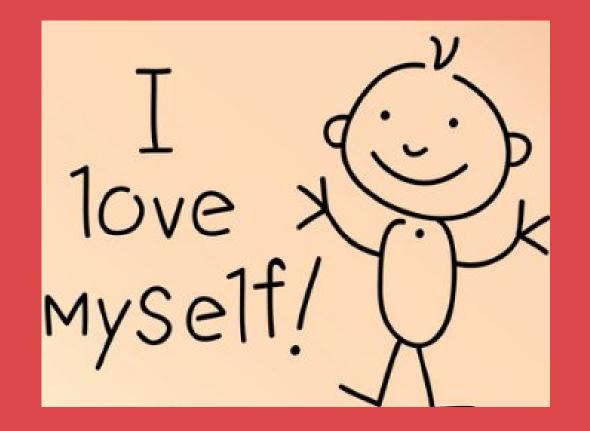
MEPOWER WORKSHOP Building soaring selfesteem from the inside out



Pamela Olsen

Certified WISDOM Coach™ Programs based on Adventures in Wisdom™ B.S. Elementary Education 29+ years teaching 727-434-2228 wonderfullymade711@gmail.com Wonderfullymadekids.net

The way kids feel about themselves is one of the biggest influences on both their happiness and on what they create in their lives. Positive self-esteem isn't something kids either have or don't have. Feeling good about themselves, even when things aren't going their way, is a skill that they can develop.

- The 5-session package that will help kids develop powerful self-esteem:
- How Your Mind Shapes Your World... and What You Can do to Shape Your Mind
- Power of Possibility Why You Achieve What You Believe (The Good & the Bad)
- Building Neural Pathways How to Create Your Path to Success







- The Secret Radar in Your Brain How to Use Your RAS to Achieve Your Goals
- Power Shifting How to Choose Your
 Power Even When Things don't Go Your
 Way

5-week sessions are offered Wednesdays First session-September 8th- October 6th-Location: LCC- Mrs. Olsen's Classroom Grades 3rd, 4th, 5th--limited space 3:00-4:15 More sessions to follow Creating Soaring Self-esteem, Creating Confidence and Courage,Building Resilience, Standing Up to Peer Pressure, Going for Your Goals - Making Dreams Come True Without the Fairy!

\$200.00 includes 5 sessions, workbook, snack, story, activity, and a take home page Payments accepted- check, cash or Venmo www.venmo.com/u/pamela-Olsen-0