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**E V O L V E
T E E N Z**

The BEST 3-day weekend
EMPOWERMENT and
LIFE SKILLS course
for teens ages 13 to 19 years.

This Heart-Centered Training is based on the tenets of mindfulness as well as evidence-based neuroscientific research which teaches powerful life skills. This approach helps teens to succeed in all areas of life i.e., home, school and friendships. **These skills are needed NOW MORE THAN EVER!**

BENEFITS OF THIS COURSE:

- » Improved Mood, Sleep and Appetite
- » Increased Empathy and Compassion
- » Better Decision Making Skills
- » Promotes Connection, Decreases Dependency on Electronics
- » Less Inclined to Substance Use and Risky Behaviors
- » Elevated Self Esteem and Self Worth

TOOLS, TECHNIQUES, AND SKILLS:

- » **Mindset/Mindfulness/EFT Tapping**
 - Focus to Improve Grades
 - Self Trust to Improve Social Skills and Decision Making
 - Positive Thinking
 - Learning from Mistakes
 - Managing Feelings
 - Coping Skills for Anxiety and Calming the Brain
- » **Empathy & Compassion**
 - Stops Bullying
 - Increases Awareness of Others
- » **Self-love**
 - Through Learning Responsibility
 - Self-Acceptance
 - Forgiveness

Date: **November 10,11 & 12, 2023**

Time: Friday 6:30 PM – 10 PM;
Saturday 9 AM – 10 PM;
Sunday 9 AM – 7 PM
(All ending times are approximate)

Where: Deerfield Beach, FL

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