



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.

Week 2: 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.

APPROVED FOR DISTRIBUTION
AUG 29 2018
DR. PATRICK HARRIGAN
SUPERINTENDENT OF SCHOOLS

Handwritten signature and date: 8/28/18

CALLING ALL SHIFT HEADS

6 week **FREE** interactive workshop
for teens grades 9-12

FUN, EASY

strategies to build
self confidence
self awareness
happiness

Lead by empowerment coach, Keith
Senzar

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



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