



Youth Empowerment Facilitator - Accreditation hours: 25

This course is a TOP-UP course; pre-requisite is completion of the full Practitioner Course.

This 3day course offers you practical skills in the facilitation of workshops and study courses for the YOUTH, it is a very creative experience that offers students the experience and tools on how to work with the younger mind, teaching them how to manage their self-discovery journey, build healthy esteem and teach them tools to cope in their teenage worlds of acceptance, self-worth, moods, etc. Teenagers require energetic leaders, this course is ideal for our Heal Your Life Practitioners that have a passion to work in groups and private sessions with the youth.

Imagine your life if you had learned Louise's principles in your teens! Now you have the opportunity to learn how to share these principles with today's teens. The Teen playshops (versus "work" shop) has been designed with two different age groups in mind: 12-14 and 15-18.

Teen empowerment is a comprehensive program which explores all aspects of body, mind, spirit, and emotion. Because awareness is the key to changing oneself, this program offers teens a unique **opportunity to discover who they are**, uncover limiting beliefs and their impact, all while gaining the confidence to live life with purpose & fulfillment. This program has been created about and for the teenager.

Faciliators are equipped to offer the following services after attendance:

- ♥ Teen Empowerment® 1 Or 2 Day Workshop
- ♥ Teen Empowerment®, 6 Week Study Course
- ♥ Teen Empowerment Practitioner®- **Consult with teens privately** using the course material provided

- **Complete skills development assignment** with your class – host a Teen Empowerment Workshop or six week course as a community project. **Accreditation hours: 15**

Duration: 3months
Total Accreditation hours: 40
(25hours in-person course + 15hours assignment)

Financial Planning: Cost R6000 – includes course + manual + additional resources

Registration fee: R2000 – Balance R4000 (Terms 0-6months interest free)

Admin account management of payments taken on terms is charged at R20 per month for the duration of terms taken.

The **Teen emPOWERment PlayShop** is a program designed to help empower teens in loving themselves & finding happiness in their lives, despite current issues and challenges they may be experiencing. It was inspired by the adult workshop created by Louise Hay called **Heal Your Life®**, which is based on her affirmative principles & philosophies.

Teen emPOWERment PlayShop is taught only by trained **Heal Your Life®** instructors. Two different age groups are recognized with the focus on age groups 12-14 and 15-18. Sharing is encouraged amongst the group. All teens will learn from each other. This is not considered a support group.

It is however a place for teens to learn new skills & tools to assist them in living a more self-fulfilling life, while supporting one another through the process. These tools are complementary & integrative with already on-going therapy. During these interactive PlayShops, teens will engage while learning new resources through exercises, discussions and dyad work.

Teen emPOWERment PlayShop is intended solely for teens, which creates a safe and comfortable environment for teens to open up and contribute life experiences & concerns. It is highly recommended for caregivers and supporting staff to also learn these new philosophies by participating in the adult version of this program. This encourages continuity and further integrates what has been learned. Offered as Six week study group, 3 hours class or one/two day intensives. Caregiver's consent required for teens under age 18.

Teens will learn how to:

- *LIKE who they are and begin to discover they are deserving & lovable*
- *View themselves as valuable, worthy & POWERful*
- *Recognize negative emotions & unwanted behaviours and learn tools to manage them*
- *Identify core beliefs and release negative beliefs*
- *Build better relationships*
- *Make better choices*
- *Find inner wisdom & power*
- *EmPOWER themselves while transforming their lives by working with the body, mind and spirit connection*
- *Create harmony & balance in their lives, including better health and greater prosperity*
- *Develop a new vision of their futures & create supporting beliefs.*

Results: Fewer disruptions, improved resiliency, better collaboration between the teens, their families & any supporting professionals and happier teens.

Teen emPOWERment PlayShop is a comprehensive program which explores all aspects of the body, mind, spirit and emotions. Because awareness is the key to changing oneself, this program offers teens a unique opportunity to discover who they are, uncover limiting beliefs and their impact, all while gaining the confidence to live life with purpose & fulfilment.



This course is facilitated by Ashika Singh c/o Live the Love Academy, licensed by HAY HOUSE as principle trainer for South Africa (2010).