








Liberated Success - Move Different Workshop Series

Move Different workshops equip young adults with the tools they need to thrive mentally, physically, and emotionally. Backed by research on nutrition, stress, and student achievement, the series addresses the real-life challenges that impact academic focus, energy, and emotional regulation. The program blends life skills with emotional literacy, helping students reduce anxiety, improve executive function and build sustainable routines that support classroom success. Activities include cooking demos, movement-based wellness, guided journaling and small-group reflection. The program culminates in a capstone reflection where students assess their own growth and create a realistic personal wellness plan.

\$9,000 for workshop series

-  **Whole-Student Wellness and Emotional Balance:** Students begin the series by exploring how emotions impact their bodies, energy, and daily decision-making. Through guided reflection and practical tools, they'll learn to name and regulate feelings like anxiety, frustration, and pressure in ways that support focus and personal growth. These sessions help students understand their emotional patterns, develop healthier coping strategies, and build stronger interpersonal awareness.
-  **Life Skills and Everyday Health Literacy:** In this segment, students gain real-world wellness tools, including how food, sleep, hydration, and screen time directly affect their mood, learning, and relationships. They'll explore how to make empowered choices even with limited access, time, or resources. This builds health literacy and gives students the confidence to manage their well-being beyond school.
-  **Identity Development and Social Awareness:** This portion of the program helps students reflect on who they are beyond grades, likes, or expectations. Through storytelling, group dialogue, and guided writing, they begin to recognize their values, affirm their identity, and imagine a future rooted in personal truth. These sessions combat internalized perfectionism, self-doubt, and cultural pressure by helping students reconnect with their worth.
-  **Empowerment and Personal Wellness Planning:** Students wrap up the series by creating their personal roadmap for wellness. They'll synthesize what they've learned into a practical, sustainable plan for self-care, emotional resilience, and daily habits. Students are empowered to take ownership of their physical and mental health as they prepare for adulthood, college, or the workforce.

NYCDOE, East Orange Vendor & Delaware Supplier

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