

Personal & Interpersonal Development Programs for Teens



Mindful Meditation for Stress Reduction



Positive Habit Improvement



**Great Relationships
Through Great Communication**

Teens face a very challenging world.

They need to find a way to have meaningful work, develop healthy, loving relationships, and take care of nature to have a sustainable world.

They need to learn to resolve conflicts peacefully.

This series of programs can help them have meaningful, productive satisfying lives.

Sanford Hinden

Programs, Lectures, Workshops in
Personal Development & Relationship Improvement

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Some Unhelpful Teen Habits & Patterns

Alcohol, Arguing, Bitterness, Disorganization, Drugs, Gaming, Intensity, Internet Excess, Isolation, Laziness, Lying, Negativity, Nicotine, Pornography, Procrastination, Resentment, Reckless Driving, Screens, Sexting, Smoking, Stubbornness, Texting Compulsion, TV Binging, Vaping

Mindful Meditation for Stress Reduction

Two of the most important skills in life, mindfulness and meditation, enable you to access more inner-peace, serenity, health, happiness and wisdom each day. Learn how addictions only temporarily block out all the difficulties of life. Learn how to enjoy self-awareness and self-regulation of thoughts and feelings. Enjoy life more with self-compassion, self-forgiveness and self-kindness each day.

Positive Habit Improvement

Teens will gain awareness of how addictive and unhealthy habits form, the true needs they serve, and how to replace them with a healthy, productive pattern, to meet their real needs to live a better life. In practicing new habits, we will explore why it so important to measure progress by what one learns along the way, day-by-day, week-by-week, month-by-month, year-by-year. When positive habit improvement seems elusive, learn how to take the long-view, how to get back on track, refocus, and be compassionate and kind within.

Great Relationships Through Great Communication

Communication skills can make or break relationships, at home, in school, in the workplace, and in the community. When you make an effort to improve communications, things can go from falling apart when conflict arises, to conscious, meaningful, compassionate, fulfilling conversations. We will understand and practice *Transactional, Assertive, Compassionate* and *Creative Communications* skills to help you have great relationships in your family, with friends and co-workers. You will learn how to resolve conflicts whenever possible.

“If you are looking to be in a better world, or at least wanting to know what positive people are doing in the world to make it a better place, follow Sanford Hinden’s guidance. The years this man has studied enlightened living is extraordinary. He can bring you a lifetime of good values and ethics that should not be missed. In a world of chaos and selfishness, you can pass these teachings onto to all ages, especially our younger generation. He provides a foundation of good values, showing there is a better way to live.”

John G. Cohan
Entrepreneur



Sandy Hinden provides research, development and training as a speaker, workshop leader and coach in personal development, interpersonal relations and sustainable development. He is author of *7 Keys to Love – Opening Love’s Door to Joy & Wellbeing*. He has helped develop creative projects and programs to help people, families and communities, locally, nationally and globally. His book, work and blog can be seen at www.sanfordhinden.com



TALKING WITH TEENS CAN BE A LIFE ENHANCING EXPERIENCE



Sandy Hinden

One Sunday evening, before a Monday holiday, I was entering a Panera, and some teens were having a fight.

Later, as I was talking to a friend, the same teens kept walking around the block, and then back into Panera, as if the altercation was not finished.

The manager called the police. The police came, found nothing going on, and left.

The teens then kept appearing and leaving.

Eventually, as they circled the block again and again, I waved to them through the window to come in and sit down.

They did, and I told them I do workshops, and have started community organizations and groups to help people.

I told them I thought it would be helpful for them to look into learning to meditate to calm down, to regulate their thinking, to stay peaceful, to stay out of trouble, and to take care of themselves each day.

They listened attentively. I told them I worked with social workers and others to help children, teens and families, and I was in that Panera each Sunday night as part of an [Al-Anon](#) meditation group I had started for families with alcoholism.

One young man said his mother was a social worker. Another said his father is an alcoholic. I shared there is a group called [Alateen](#) for teenagers with alcoholic family members.

I told them they could think of me like a friendly uncle who gave them advice how to not get arrested in an age where police can be very stressed by many issues.

I explained that I had once done a workshop for teens in a high school, and told the teens that if someone gets in your face - *invaded your personal space* - you need to stay calm, not

impulsively push them away, and slowly back away to allow more space, and to then try to calm the situation and peacefully resolve the conflict.

- Today, with so many guns in circulation, a disturbed teen involved in a fight could foolishly pull out a gun.
- In the United States there are 393 million civilian held firearms, more guns than people, 120.5 firearms for every 100 residents.
- Every year in the United States, a gun is used in nearly 500,000 crimes, resulting in deaths and injuries of more than 110,000 people.

In my experience, working with teens and adults in communities, *I clearly see that young people just need a chance to be listened to, and given some relevant advice*, or they can become misguided by other teens in schools and the community who sell or do drugs, vape, drink, or take excessive, dangerous risks.

My conversation with the teens lasted about ten minutes. I didn't want to talk too much and turn them off.

Each of the teens then came over to me to shake my hand, and they thanked me for talking with them.

It felt good to help them, the same way I feel when I help adults in libraries with my programs.

When I sent this story to librarians with [my program offerings for 2020](#), one of the librarians wrote back that she sent this story to her Teen Program librarian. I then put this program together for teens.

If I can help your community, I would be happy to do any of these programs for adults or teens. They are fun and educational.

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[3 Indiana Judges Suspended After White Castle Brawl That Left 2 Of Them Wounded](#)