



Mindset Matters:
Positive Psychology
Skills for *Thriving* Teens
An Interactive Workshop to Boost
Well-Being, Resilience & Confidence



fact

Happy people are more likely to be successful, creative, and have better relationships!

conventional psychology

focuses on fixing
problems


positive psychology

maximizes strengths,
builds resilience, and
increases happiness



what the teens will learn

- **Mastering Their Mindset:** Learning to shift from negative thinking to a growth mindset.
- **Boosting Their Happiness:** Discovering simple, science-backed strategies to feel happier every day.
- **Resilience Skills:** Building the mental strength to bounce back from stress and setbacks.
- **Social Skills:** Improving relationships with family, friends, and peers.

A photograph of two teenage girls hugging outdoors. The girl on the left has long red hair and is wearing a white shirt, holding a pink folder. The girl on the right has long dark hair and is wearing a grey hoodie. They are both smiling and looking towards the right. The background is a blurred outdoor setting with green grass and trees.

A study published in
JAMA Pediatrics (2021)
found that teens
practicing mindfulness-
based stress reduction
(MBSR) had a **31%
reduction in anxiety
symptoms** and **24%
lower cortisol levels**
(stress hormone).

fact



topics covered

- The Power of Positive Emotions
 - Mindfulness & Stress Relief
- Setting Goals You Care About
 - Building Resilience When Things Get Tough
- Creating Meaningful Connections

Peer Pressure and Social Media Impact

Peer Pressure can be a huge source of stress for teens, leading to risky behaviors and negative emotions.

Social Media: While it can help teens connect, it also affects mental well-being.

facts

70% of teens report feeling *pressure to conform to peers*, which can lead to anxiety and poor mental health.

(American Psychological Association)

Teens who spend *more than 3 hours per day* on social media are at higher risk for **mental health issues like anxiety and depression**.

(JAMA Pediatrics, 2019)

Cyberbullying affects **1 in 3 teens**, leading to increased feelings of isolation, sadness, and self-esteem issues.

(Cyberbullying Research Center)





Stress and Academic Pressure

Academic stress can affect your overall well-being and success.

Pressure to Choose a Career: Teens today feel pressure to choose their future career paths earlier than ever before.

facts

61% of teens say they experience significant stress due to school, grades, and exams.

(American Psychological Association)

40% of high school seniors report feeling anxious about choosing the “right” career.

(National Center for Education Statistics)

Chronic stress affects **cognitive function** and can lower your ability to focus, **impacting academic performance**.

(Journal of Child Development)

what the teens will learn

- **Mindfulness & Stress Relief:** Learn techniques to calm your mind, reduce anxiety, and refocus your energy.
- **Resilience:** Strengthen your ability to face challenges and come back stronger from setbacks.
- **Healthy Relationships:** Learn how to navigate peer pressure and social media in a way that strengthens your self-esteem.


GOOD TO KNOW!

A *STANFORD UNIVERSITY* STUDY (2020) FOUND THAT STUDENTS WHO ADOPTED A **GROWTH MINDSET** SHOWED A **34% INCREASE IN ACADEMIC PERFORMANCE** OVER A YEAR.

key takeaways

- ✓ Learn strategies to **cope with stress** and **overcome peer pressure**.
- ✓ Boost your **self-esteem** and practice **healthy social media habits**.
- ✓ **Goal-setting** and **emotional resilience** to succeed academically and in life.





A Harvard School of Public Health
(2022) study on youth resilience found
that teens who regularly practiced
**gratitude, optimism, and acts of
kindness** were **30% less likely to
develop depression** by adulthood.

fact



Engaging, Fun and Interactive Activities

- Mindfulness Challenges
- Goal-Setting with a Twist
- Team-building Games to Strengthen Connections
- Daily Happiness Habits You Can Use Right Away



why this workshop works

- Based on **scientifically-backed research** from the world of positive psychology.
- Designed to be fun, relatable, and **easy to implement in your daily life.**
- Focused on **practical tools** you can use to boost your mental well-being, whether at school, with friends, or at home.

meet the trainer

JOCQUINE CHARBEL, AKA THE SMILING KANGAROO

With over 25 years of expertise in **strategic communication, corporate training, positive psychology, and education**, Jocquine is a dynamic trainer, counselor, and facilitator dedicated to helping individuals and organizations unlock their full potential. Her approach is deeply rooted in **scientific research, real-world application, and engaging storytelling**, making her a sought-after expert in fostering growth, resilience, and well-being.

A LEADER IN POSITIVE PSYCHOLOGY & TRAINING

Jocquine has designed and delivered **high-impact workshops and training programs** across diverse industries, equipping participants with practical tools to enhance their mental well-being, professional performance, and overall life satisfaction. Whether coaching corporate teams, guiding students through academic and personal pressures, or helping professionals cultivate a growth mindset, her sessions are known for being **engaging, insightful, and deeply transformative**.

AN EXPERT COMMUNICATOR & EDUCATOR

With a strong foundation in **teaching and strategic communication**, Jocquine has spent years crafting and delivering content that resonates. Her ability to translate complex psychological concepts into **relatable, actionable strategies** sets her apart as an educator and coach. She has worked extensively with corporate leaders, educators, students, and individuals seeking personal growth, helping them navigate challenges like **stress management, leadership development, effective communication, and self-motivation**.

DIVERSE EXPERIENCE & IMPACT

- **Corporate Training & Workshops:** Jocquine has led **positive psychology, well-being, and leadership development**


programs for major organizations, including customized **ESG-focused workshops** covering **positive drinking, sustainability, inclusion and diversity, and recycling initiatives**.

- **The Smiling Kangaroo – Positive Psychology for Individuals, Schools & Companies:** As a founder since 2023, she plays a pivotal role in designing and delivering programs that empower individuals, teens and corporate teams to thrive in high-pressure environments.
- **Education & Mentorship:** Having worked extensively in **teaching and academic training**, she has helped countless students and professionals develop critical life skills, overcome **peer pressure, academic stress, and career uncertainty**, and build self-confidence.
- **Strategic Communication & Branding:** Leveraging her expertise in **branding, marketing, and communication strategies**, she has played a key role in shaping impactful narratives for companies and initiatives that promote **well-being, sustainability, and positive transformation**.

Jocquine's unique combination of **scientific knowledge, hands-on experience, and natural ability to connect with people** makes her an invaluable coach and mentor. Whether helping corporate teams achieve **higher engagement and resilience**, guiding teens through **the pressures of modern life**, or consulting on **strategic well-being initiatives**, she brings unmatched passion and expertise to every session.

Her mission is simple yet profound: **to help people and organizations thrive by embracing the power of positive psychology, effective communication, and mindful leadership**.





This isn't just about getting better grades—it's about feeling *better*, building *confidence*, and *thriving* in all parts of life.



Contact us to learn more
or book your workshop

☎ +961 81 960061

✉ jocquine@thesmilingkangaroo.com

 @the_smilingkangaroo

 The Smiling Kangaroo