



Weekly Topics

Week 1: Building Confidence

Week 2: Taking Responsibility for our Actions, and Developing Grit

Week 3: Navigating Friendships and Relationships

Week 4: Anxiety and Mindfulness

Week 5: Dreaming Big and Goal Setting

Week 6: Vision Boards and Gratitude

IncredibleYou

Presents...

Virtual Youth Workshops

Contact Information

Denise Haldane

DeniseHaldane@yahoo.ca

www.IncredibleYou.ca Call (705) 309-6634

Denise Haldane is an internationally published author and public speaker, certified in Children's Mental Health, Early Childhood Education and Transformational Leadership.

"Denise's Incredible You workshops were such a meaningful series that I believe every young person should take them. When she says "YOU are incredible" you believe her. Her passion for empowering youth to be the very best version of themselves is admirable. The tools she gives youth to be resilient and confident are invaluable. I highly recommend this program to all youth."

Glenda Newbatt, Manager of Library Services, Essa Public Library