



2025-2026 Student Workshop Catalog



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Workshop Titles



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Power Shift Consulting is dedicated to enriching the lives of students across all academic levels. With over 30 years of combined experience, our instructors excel in leading, inspiring, and encouraging youth and young adults to maximize their potential.

Visit our website at www.powershift.live and schedule a FREE consultation.

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RESILIENCE REVOLUTION

Empowering Students for Life's Challenges

Objective:

The "Resilience Revolution" training session aims to equip students with the skills and mindset necessary to thrive in the face of adversity. By fostering emotional intelligence, adaptability, and problem-solving abilities, students will develop the resilience needed to navigate personal, academic, and future professional challenges.

Outcomes:

By the end of the session, students will:

- Have a clear understanding of what resilience is and why it matters.

- Gain practical skills to manage stress and emotions effectively.

- Enhance their problem-solving and adaptability abilities.

- Leave with a personalized resilience plan to apply in their daily lives.

The "Resilience Revolution" training session will not only prepare students to face immediate challenges but also empower them with lifelong skills to maintain mental and emotional well-being.



MASTERING THE TRAPS OF TRANSITION

Navigating Life's Changes with Confidence

Objective:

The "Mastering the Traps of Transition" training session is designed to help students navigate significant life changes, such as moving to a new school, starting college, or entering the workforce. The session aims to provide practical strategies and emotional support to manage the uncertainty and stress that often accompany transitions.

Outcomes:

By the end of the session, students will:

Understand the nature of transitions and their impact.

Recognize common transition traps and how to avoid them.

Develop a growth mindset to face changes positively.

Build and strengthen support networks.

Create a personalized plan to navigate their specific transitions confidently.

The "Mastering the Traps of Transition" training session will empower students with the knowledge and tools needed to handle life's changes with resilience and confidence, preparing them for a smoother and more successful journey throughout their academic career and beyond.



FINDING PASSION & PURPOSE

Unlocking Your Potential

Objective:

The "Finding Passion and Purpose" training session is designed to help students discover their interests, strengths, and values to identify their passion and purpose in life. This session aims to inspire students to pursue meaningful goals and create a fulfilling life path.

Outcomes:

By the end of the session, students will:

Have a clearer understanding of their personal interests, strengths, and values.

Learn how to align their passions with a sense of purpose.

Gain practical strategies to overcome obstacles in pursuing their passions.

Develop a personalized plan to explore and achieve their goals.

The "Finding Passion and Purpose" training session will inspire students to unlock their potential and embark on a path that brings them joy and fulfillment, leading to a more purposeful and motivated life.



YOUTH LEADERSHIP DEVELOPMENT SERIES

Unlocking Your Potential

Objective:

The Youth Leadership Development Series is designed to empower students with the essential skills and mindset required for effective leadership. This session focuses on enhancing self-awareness, communication, teamwork, and decision-making abilities to prepare students for leadership roles in various aspects of their lives.

Outcomes:

By the end of the session, students will:

- Understand the core principles of effective leadership.
- Enhance their self-awareness and emotional intelligence.
- Develop strong communication and teamwork skills.
- Learn practical decision-making and problem-solving techniques.
- Create a personal vision and set actionable leadership goals.
- Gain experience in planning and collaborating on a community project.

The Youth Leadership Development Series will equip students with the tools and confidence to take on leadership roles, fostering a generation of responsible, motivated, and impactful leaders.



THE MESS OF EVERYDAY STRESS

Managing Stress for a Balanced Life

Objective:

"The Mess of Everyday Stress" training session aims to help students understand the nature of stress, identify their stressors, and develop effective strategies to manage and reduce stress in their daily lives. The session provides practical tools and techniques to promote mental well-being and maintain a healthy balance amidst the demands of school, work, and personal life.

Outcomes:

By the end of the session, students will:

Understand the nature and impact of stress on their lives.

Identify their personal stressors and triggers.

Learn and practice various stress management techniques.

Develop strategies to build resilience and maintain a balanced lifestyle.

Create a personalized stress management plan to apply in their daily routine.

"The Mess of Everyday Stress" training session will empower students with the knowledge and tools to effectively manage stress, promoting a healthier, more balanced approach to their academic and personal lives.



LEVERAGING CONFIDENCE & COMPETITION

Thriving in a Competitive World

Objective:

The "Leveraging Confidence and Competition" training session is designed to help students build self-confidence and harness the positive aspects of competition to achieve their personal and academic goals. The session focuses on developing a growth mindset, enhancing self-belief, and using competitive situations as opportunities for growth and improvement.

Outcomes:

By the end of the session, students will:

Understand the importance of confidence and how it affects performance in competitive settings.

Learn practical techniques to build and maintain self-confidence.

Recognize the value of healthy competition and how to leverage it for personal growth.

Develop a growth mindset to approach challenges positively.

Create a personalized action plan to apply learned strategies in their academic and personal lives.

The "Leveraging Confidence and Competition" training session will empower students to face competitive situations with confidence and resilience, fostering a positive and proactive approach to achieving their goals.



CAREER COACHING SEMINARS

Navigating Your Path to Success

Objective:

The Career Coaching Sessions are aimed to guide students in identifying their career interests, developing essential job search skills, and creating actionable plans to achieve their professional goals. This session provides practical advice and resources to help students transition from education to the workforce effectively.

Outcomes:

By the end of the session, students will:

- Have a clear understanding of their personal strengths and career interests.

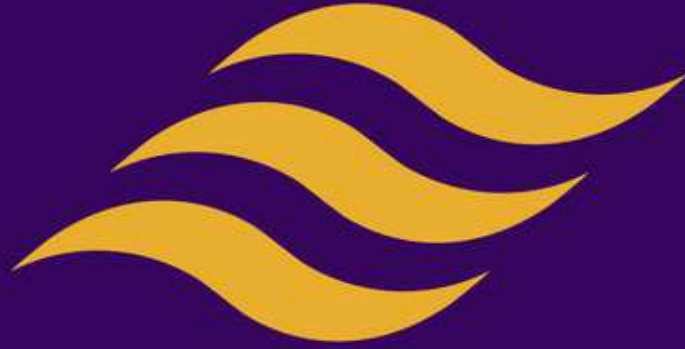
- Develop essential skills for resume writing, cover letter creation, and job interviews.

- Learn effective job search strategies and networking techniques.

- Create a personalized career action plan with defined goals and steps.

- Gain confidence in navigating career transitions and overcoming challenges.

The Career Coaching Sessions training will equip students with the knowledge, skills, and resources needed to embark on their career journeys confidently and successfully.



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