

Pursuing Your Purpose Workshop

Equipping High School Students to Discover & Pursue their God-Given Dreams

Who is this workshop for?

This engaging, hands-on workshop is ideal for high school students that have a desire to discover their purpose.

How does it work?

Schools can opt for either a one, two-hour session or two, one-hour sessions. Participants get life-time access to a module on the Self-Love Club app that break the content into short sections. Groups larger than 15 require additional adults to facilitate small group discussions.

Who Facilitates Pursuing Your Purpose?

Jenny Krumdrick is a Confidence Coach for teens—certified by the Wholeness School—and comes with 20 years of youth ministry experience. She is passionate about helping teens know their worth and think positively about themselves so they can pursue their purpose without fear or self-doubt!



Jenny Krumdrick

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★ Purpose, Dreams & Goals

Recognize the difference between these ideas and give yourself permission to dream

★ Exploring & Maturing Desires

Being ok with being uncomfortable (moving into your growth zone)

★ Designing a Vision for Life

Utilizing “best case scenario” thinking and a growth mindset for success AND fulfillment

★ Strategic Pursuit

Taking action to put your dreams into goals and manageable action steps

“For I know the plans I have for you,” declares the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future.”

Jeremiah 29:11

God desires us to live a life of joyful & generous contribution!



Bring It!

**6 Part Workshop Equipping Teens
to BE & BRING Their Best Self**

Who is Bring It! for?

This engaging, hands-on workshop is ideal for high school students that have a desire to succeed and are open to practicing strategies for personal and academic growth.

How does it work?

Schools can opt for six, fifty minute *in person* or *virtual* sessions. Participants get life-time access to weekly modules on the Self-Love Club app that break each part into five short sections. Each section has a 3-5 minute video and simple exercises to practice. *To get the most growth, students are urged to schedule 5-10 minutes *most* days to practice the exercises.*

Who Facilitates Bring It!

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✓ **Part 1: Cool With Who You Are**

Recognize your worth & value and think positively about yourself

✓ **Part 2: Show Up Confidently**

Cultivate a magnetic attitude & tips for making meaningful connections

✓ **Part 3: Taking Care of You**

Energize and motivate your self-care so you look good and feel good!

✓ **Part 4: Setting High Standards**

Raising the bar for how you expect & show respect

✓ **Part 5: Mindset for Success**

Increasing your belief in yourself and strengthening your resiliency

✓ **Part 6: Gettin' Organized**

Effectively manage your time, activities, responsibilities and commitments