

Pursuing Your Purpose Workshop

Equipping High School Students to Discover & Pursue Their 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 experience working with youth. 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!

★ 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



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Bring It!

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

What is Bring It?

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

How does it work?

JCA has scheduled six, fifty minute *in person* sessions and invited your teen to participate. Your teen will get life-time access to weekly modules on the Self-Love Club app that break each part into 5 sections.

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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Jenny will remind and support your teen through a few text messages and emails each week. Parents are welcome to touch base with Jenny via phone, text and/or email. **If you'd like to be added to the parent email list or receive access to the Bring It! module on the Self-Love Club**

app, please connect with Jenny!



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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