

I AM ENOUGH - Personal Empowerment Workshop for Teens

“One of the most common diseases affecting humanity today is the belief that we are not enough.”

Every one of us is born with an abundance of self-confidence. But over time we receive feedback or have experiences that lead us to a belief that we are not enough. In a modern world, fuelled by social media and external validation, we have lost our inner compass and our confidence. The feeling of not being good enough, or worthy enough, or interesting enough can be a major contributor for depression, stress and anxiety.

This workshop gives teens back the power of self-belief. To unlock the success they feel so held back from, and to have the freedom to be themselves.

Overview

This workshop is designed to help teens understand:

- We are all born knowing we are enough.
- How the meaning we attach to our experiences breaks down our ‘enoughness’.
- Our biggest critic is us and the most important words we will ever hear are the words we say to ourselves.
- Silencing the inner and outer critic.
- Why perfection is a myth.
- Why feeling enough is an ‘inside job’.
- Understanding what personal value really means.
- How to know you are enough and have others know it too.

The workshop ends with a hypnotic meditation that teens can record and are encouraged to listen to post program. The hypnotic recording is designed to relax the body and allow the mind to become receptive to a new and positive suggestion that “I AM ENOUGH”.

Duration: 90 minutes

