



PROJECT HERO BRIGHT FUTURES

2-Hour RESULTS FOCUSED Experiential WORKSHOP



WORKSHOP OVERVIEW

Bright Futures is designed to help students identify their unique skills, talents and attributes and link them to potential career choices. Our goal is to assist students in making a successful transition from school to their future. We do not lecture. We engage participants in discovery exercises and role-playing activities that include mock interviews, social media do's & don'ts and audio visual segments that increase confidence and self-awareness and enhance communication skills. As participants gain clarity as to their strengths and natural abilities, they cultivate a stronger sense of identity and become even more empowered to make sound decisions and choices today that lead to their successful tomorrow.

OBJECTIVE

This workshop increases self-confidence, enhances decision making skills and provides greater insight into future objectives by building a stronger sense of identity, increasing self-awareness and enhancing communication skills.

KEY LEARNING OUTCOMES

Participants will:

- ◆ Explore and discover valuable insights into their personality, unique skills and talents and link them to possible career choices
- ◆ Learn goal setting, non-verbal communication techniques and success principles to empower them now and ensure future success
- ◆ Gain valuable insights on how to make physiological changes to reduce stress hormones and give them a physical advantage in stressful situations
- ◆ Increase self-awareness and gain confidence through role-playing activities
- ◆ Identify how their choices and behaviors now greatly impact future outcomes

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