

DISCOVERING YOUR BEST SELF -

Workshops, Lectures, and Presentations

Overview - This is the umbrella under which several books in the "Best Self" series are included.

Goals - to help engage people in a creative way of observing events in their lives that will enable them to live more successfully.

- to give them the tools which will help them change the way they think and react to life situations so that the events in their life are less problematic

Specifications - These goals can be achieved to varying degrees by the amount of time spent in participating in the suggested activities and practices.

Suggested topics -

- The need for kindness and compassion in today's society
- How do we deal with situations that cause us worry, anxiety, and/or depression?
- Enjoying my life, exactly as it is.
- Making positive changes, one day at a time

- **Generosity of spirit opens up abundance in your life**

CHILDREN'S LITERACY INITIATIVE

Overview - This is an initiative for those in grades K-2 that will help them open their creative brains by learning then doing while developing a greater desire to read.

Goals - Have students create a basic story appropriate to their age and grade level within a group experience.

- Lead them to an understanding of why all of the components of a story are important. (punctuation, grammar, spelling, etc)

Specifications - The program will include 5 one hour sessions in each group/classroom which is involved in the program.

Day 1- Introduction and backstory. Explain that they are to be thinking about a story they would like to write (offer prompts)

Day 2 - Go back in and see what their ideas are and get thme talking about what characters they want to have and what they want to happen to those characters.

Day 3 - See if they have worked on it, if so, continue to work... if not, get the story sketched out on board or paper

Day 4 - Discuss pictures that need to be drawn for the story.

Day 5 - Finish the SCL part in the project.

(If additional time is required - add additional time, up to 3 more sessions)

ADDITIONAL INFORMATION AVAILABLE ... nzbestself@gmail.com