

June 5, 2018

Youth Empowerment Summit-YES

YES, SUMMER PROGRAM

From Youth empowerment, to adventure and self-discovery, our summer youth program is for all youth, ages 7-18. Our program emphasizes personal development, empowerment, and skills for youth learning to managing stress in a positive way. Youth go back to school with a new sense of their vast potential, ready to face challenges, without losing their smile.

“You must be the change you wish to see in the world.” - Mahatma

WHAT WE DO

YES, is dedicated to providing youth with a healthy body, a healthy mind and a healthy lifestyle. We do this by offering youth practical tools and life skills to manage stress and emotions. Our experiential curriculum includes mindfulness, targeted breathing techniques, life skills in conflict resolution, and life lessons on human values such as responsibility, respect, friendliness, kindness and cooperation. As students learn how to manage their stress in a healthy way, they exhibit greater confidence and motivation to succeed in school and make healthy choices when faced with life's challenges.

BRING YES TO YOUR YOUTH!

A UNIQUE EXPERIENCE

Challenges come & go, but it's our attitude to them that counts. When we take problems as an adventure, there is a shift within, that allows us to move past them with greater skill & more ease.

In addition to having a blast, students are equipped with the tools for success in life. Participants are empowered to take responsibility for their own stress & emotions. The YES, program includes a unique blend of interactive sessions paired with skill exploration & mentorship.

Students Will:

- *Discover a Deeper Connection
- *Drop the Stress
- *Improve Focus & Concentration
- *Experience Peace of Mind
- *Relieve the Stress for the School Year
- *Gain a New Focus of Concentration
- *Improved Learning Ability & Attention Span

We meet once per week

Summer Program start time:

June 11, 1 pm

Summer Program end time:

July 24, 2 pm

Program Fee: \$395 (per student)

More information

We are here to support young people & their journey in finding their better self.

If you have any additional questions, please don't hesitate to contact us:

info@youthempsummit.com

Telephone (904)422-0261

The Program Continues

PROGRAM (AGES 7-13)

As part of a Societal Development Solution-101,(SDS) students learn a variety of empowering techniques that start with **TRUST, CONNECTING, & SELF-CONFIDENCE**. They learn to foster peace of mind, mental clarity, focus, physical relaxation and emotional stability. The SDS-101 curriculum is taught through games and activities where students learn valuable lessons in sharing with others, working and playing in harmony and developing a sense of belonging with others. Kids can't help but have fun while learning skills which will set them up for success for when they go home!



Empowerment

When Students can manage their own stress they are empowered to perform to the best of their ability in academic scenarios and to reach their full potential in all other aspects of life. **Benefits include:**

- ✓ Increased focus and productivity
- ✓ Increased positivity
- ✓ Confidence to make better choices and overcome challenges
- ✓ Improved learning ability
- ✓ Increased social connection
- ✓ Freedom from destructive behavior cycles

PROGRAM (Ages 14-18)

The teen years can be challenging, but they don't have to be unpleasant! The Youth Empowerment Summit (YES) is a dynamic and engaging program that empowers teens to take responsibility for their own stress & emotions while back in school. Participants are guided in activities that promote calmness, focus and relaxation in the classroom, and they can continue on a weekly basis, even after the summer program ends!

The dynamic programming is delivered through self-exploration and interactive discussion in a format that teens can relate to. Teens leave with a comprehensive set of tools for overcoming life's obstacles in a positive way, as well as new-found support network of like-minded people, committed to their growth and success.

Youth Empowerment Summit-YES will open the door, but you must bring your child in.

