

## Self Development For Teenagers



As many of you are probably aware, we ran our "Self Development for Teenagers" course last Saturday 6<sup>th</sup> of November. We were delighted with the day and how the teenagers blossomed, from arriving feeling shy and nervous to leaving the course with so much more confidence and self assurance. We had a lovely group ranging from 14 to 17 years old with a mixture of boys and girls.

The day got off to a very quiet start as the group settled in but this was soon helped by Niamh engaging them in some warm up exercises which got everyone laughing and connecting. We then explored many areas of the mind and how we can utilise this to our full potential. At 11 o'clock, we broke for a lovely breakfast of hot croissants, danish pastries and tea and coffee which went down very well with the group. By this stage, they had all relaxed and we had some very lively chats about current teenage issues (mostly about school, teachers, exams) and it was great to see how most of the initial shyness had gone from the group.

After further work with Niamh, exploring a world without limits, the power of the mind and on using affirmations, we broke for lunch with a selection of popular finger foods (sausages, pizza, wedges, chicken) and delicious juice. The afternoon went very quickly with the group learning so much about managing their negative thoughts, communication and assertiveness skills, switching focus and setting and achieving goals. Niamh ended the afternoon with a guided session on relaxation and meditation, teaching the group skills to help them to relax and unwind and therefore relieve stress.

All in all it was a fantastic day and we received excellent feedback from the attendees. We will be holding our next Self Development course in 29<sup>th</sup> of January 2011 and booking has already begun. If you want to book your teenager on this course, [click here](#).

We gave the teenagers evaluation sheets to complete at the end of the day with questions about how they enjoyed the day, what they liked best, if they felt more confident and so on. This is a sample of what some of them said:

"I learnt more about myself and the way I think and interact.....I thought the whole day was a great experience and all teenagers should get it at some stage."  
(male aged 16)

"The course is telling me not to be afraid for what you are and lots more.....I feel so so confident, I loved it." (female aged 14)

"I learnt a lot about changing negative thoughts and being happy with myself. I enjoyed learning about how to change how I'm feeling also meeting people who are all the same boat....I know I can change now and that I deserve to be happy."  
(unsigned)

"I particularly enjoyed the relaxation part because it gave me a chance to reflect on what I had learned today and about things in general. I like how interactive it (the course) was with the participants and how it wasn't just a day of talking/listening and there were actual physical things to do.....I feel a lot happier in myself after the course" (male aged 17).

"It made me see how I can be a happier person....The relaxation exercise at the end of the day took away all my stress..." (male aged 16)

We would like to say a huge thank you to our group for their participation and for the excellent feedback. We look forward to working with more Teenagers in future courses and helping them by teaching them skills to be happier and more confident in themselves! [Click here to book](#)