

## **INSPIRATION 2006**

### **TEEN WORKSHOP OUTLINES**

All the teens will be participating as one group each of the three sessions.

#### Session #1: **“Be the Best You Can Be”**

This session will focus on making your relationships work. There are so many components to communication and relationship building and we will focus on a number of topics during this workshop. Using interactive group work we will explore self-esteem, listening skills, body language and what really works and doesn't work in providing good relationships with others in your life.

#### Session #2 **“Everybody Can Win”**

Have you ever been in a situation where a conflict has reared its ugly head and you always feel like you lose the power to get what you want?” Well, those days are over!! This workshop will look at how we can best act, speak and respond to resolve issues in life and get what we want during a conflict. Using group role playing we will rely on our own experiences to learn a new way of expressing ourselves so that we all get what we want in the conversation.

#### Session #3 **“Who's up for Teen Feud”**

This time spent having lots of fun and getting to know each other. Lots of laughs and loads of fun! We will start this workshop off by playing a bunch of “getting to know you interactive games” and then play “Teen Feud”. A spin off of “Family Feud” only much better!! Of course you will need to think fast, laugh, encourage your team mates and use your leadership skills to challenge yourself and your teammates during this session to come out on the winning team.