

Confident and Motivated

February 2009

Confident Youth

Confident youth builder~

For the past two weekends I have conducted workshops for parents offering strategies that build self-esteem in kids. Do you remember as a child wondering what made you special? Here is one simple method for busy parents to help kids know what makes **them** special. Convey **pride and recognition** of your young child's character traits and gifts by plastering their bedroom wall with the words that best describe their special attributes and character.



Enthusiastic **Friendly** **Caring** **Determined** **Resilient** **Brilliant**

Your child will never have to wonder what makes them special because it would have been subtly imprinted on their walls. If you're not convinced of the positive impact of the positive words, ask yourself to visit the likely result of writing negative words all over their walls? It's like brainwashing without the torture!

Next month I'll write about how to help your older kids see **their** shine.

Motivated Adults



Recently I presented a workshop titled: **Connecting The Dots**. It helped everyone who has been **sleepwalking through their lives** to **connect their dots** by acknowledging their attributes, outstanding virtues and overlooked talents. The objective of helping everyone figure out what they should be doing and why, was met with welcoming arms by the participants.

For some, a busy life simply got in the way of realizing what path they could have taken. For others, it was overwhelming troubles that seemed to block their path.

We're often told that it's our troubles that build character. The statement feels and sounds plain cruel, especially in the midst of difficult times. Then there's the life balance argument...yin/yang, good/ bad, left brain/right brain...without the bad times, you won't appreciate the good times as much.

I agree with all of it! Here's why.

For the past 30 years on December 31, I have listed the two worst things that happened in the year and the two best. About 15 years into it, I began to wonder why I was bothering. I was going to stop until I flipped over the entries from the years gone by and suddenly discovered that all the bad things that I had listed could **easily be connected** to all the really good things that eventually happened in my life.

Eureka! It was one of the most profound moments of my life!

The beat of my life story unfolded right before my eyes. **Proof!** Everything happened for a reason which I couldn't possibly have known at the time, just as you can't. It was a secret being held by the universe. My job was to hold trust and faith in the outcome.

Life is on your side and I'll tell you how you can see it for yourself. Reach back into time, and write your own list of two bad and two good things from years before. Are you starting to notice a blueprint emerge? You can now draw lines from negative events to the positive and watch most of the **dots connect**. The ones that don't connect yet, will be your surprise for tomorrow.





RX for schools ... extreme motivation!

The only program of its kind.



Kids don't usually act beyond who *they think* they are so we need to build their self-esteem and help them see their good character.

I've been motivating youth since 1998. I specialize in self esteem, character and developing fresh new strategies for the enhancement of both.

Schools anywhere in the world can benefit from a full week of inspiration, **motivation and strategies** that live on long after the energizing week of workshops end!

The package includes:

1. 4 powerful daily motivating **assemblies**
2. Girls grades 4-8 workshop **Strutting Beauty on the Inside**(1/2 day)
3. Guys grades 4-8 **Flexing From the Inside - a new kind of tough.**(1/2 day)
4. Grade 3- **I AM CONFIDENT** ½ day self-esteem and character workshop
5. **"Leadership from the Inside Out"** a memorable full day workshop for intermediate grades.
6. A parent's workshop in the evening on top strategies to build self-esteem in your children.
7. **Lunch and Learn Strategies** Training for teachers – 2 days. This training allows the workshop to live on long after the workshops end.

For more information: Monique@confidentgirlsguys.com 905 986 1441

Motivated Adult Offerings

Professional and Personal Development

Workshop titles:

Confident Relationships: *Get along with anyone!*

Confident Communication: *Speak so they want to listen.*

Confident Teambuilding: *None of us is as good as all of us.*

The Motivation Workshop: *How to motivate anyone!*

Happiness Workshop-filling your cup! *How to feel the happiness we're all entitled to.*

Chocolate Cake for Women: *The top 2 minutes of wisdom on everything that matters.*



SCC Presentations:

Creative Consequences:

When it comes to fostering good behaviour in kids, it can be complicated because while kids are striving to be independent thinkers, they are also questioning boundaries and authority.

*Monique's **Creative Consequences** nurtures good behaviour so that your kids will not need to be told the same thing over and over. Instead, they will quickly learn better behaviour so they continually move forward.*

Building Self-esteem in Kids:

Strategies plus for busy parents. This workshop will show you how to help your children feel on top of the world.

If you want to enquire about these or other workshops not listed here, please or e-mail me: Monique@confidentgirlsguys.com 905 986 1441

New this month!

I've always felt that personal introspection is essential to maintaining a feeling of well-being so I'm adding a question/s each month and calling it:

The Aladdin Factor...

**Who did you help last month?
Who helped you?**

Why not call and tell them how much it meant to you.



Update:

Monique's note: You'll remember that Caron Weber of Durham was to let us know how her first ever Christmas Olympics turned out. She writes:

"The Olympics was so much fun! I took awhile to get started and the family seemed a bit apprehensive but the first game of carrying a plastic spoon with a jello jigglor in your mouth had us all laughing hilariously. My mom was the big winner. She looked lovely in the crown of gold, the medal around her neck and the mistletoe bouquet. Thank you!"



Teachers:

At the following website www.forbetterlife.org you can get a character series of **free posters** for your school.

Our Police Friends:

My friend, Officer Dean Brownlee will be leading a team (named No Donuts) of 5 police officers to run in the "**Canadian Death Race**" in August 2009. They will be running 125km, over 3 mountain summits, river crossings, and over 17000 ft of elevation change. Each runner is committed to raising money for **Kids Help Phone**. In 2007 **Kids Help Phone** assisted **Canadian Kids** more than **2 million** times.

To contribute, please follow the link:

<https://secure.e2rm.com/registrator/LoginRegister.aspx?EventID=23898&LangPref=en-CA>

March Break Girls Workshop: **TOTALLY CONFIDENT!**

When: March 16-19 10:00-12:00

Where: Port Perry

Who: 10 girls only ages 9-12

Register early. Visa and MC accepted by calling 905 986 1441.



Have a wonderful February!

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