

# Confident and Motivated

## Confident Youth

### Confident Youth builder #1:

I was getting my hair cut a few weeks ago and noticed a very confident 14 year old receptionist. I asked the stylist about her and discovered she was a Cadet. Naturally I wanted to know what it was all about. The young lady joined Cadets at age 12 and here's what *she said* it did for her:

- \* She learned survival techniques (remember it's a jungle out there!)
- \* Her low self-esteem has been completely reversed
- \* She developed a sisterhood in Cadets that sounded unshakeable
- \* She traveled with the Cadets to New York last year for free!
- \* Education beyond high school is free when Cadets join the military and certain conditions are met.



If this is an idea you're interested in, my suggestion is to get your kids involved when they are younger rather than older. I loved the idea of it so I've included the link and toll free phone number: **1-800-561-4786** [www.cadets.ca](http://www.cadets.ca)

## Motivated Adults

**I'm** always inspired by a great attitude, aren't you?

I saw on the news that a family, who had lost their home in the California fires this past summer, chose to look on the bright side by putting up a sign where their house once stood:

**No more termites!**



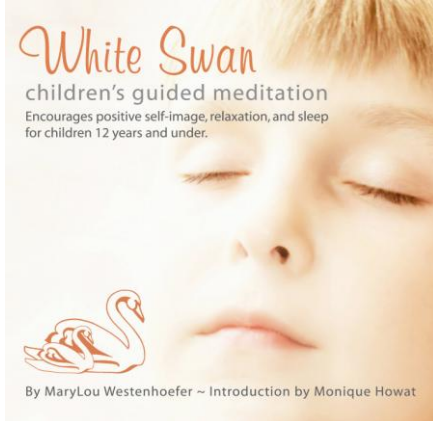
**I have** a friend who also shines brightly when faced with adversity. Her team moved into new offices and drew straws to see who would get the best office. She is the E.D. but she drew the shortest straw and ended up with a small, windowless office even though she's claustrophobic. Not a problem for her! She hired an artist friend to paint a huge window with bright flowers and **sun rays** beaming onto the walls of her office. She now spends her days in the nicest office in the entire building!

**If you've** recently become an Empty Nester as I have, you might get a giggle from a recently published article I wrote on my empty nest experience.

**"When the Nest Emptied"** <http://EzineArticles.com/?id=1480988>



# Relaxed, Calm and Confident.



If this picture makes you feel relaxed, imagine what the CD will do for a child under 12?

MaryLou from White Swan meditation asked me to partner with her on this CD and I happily obliged and we had a ball in the studio!

## Relaxation

(& meditation for kids under 12)

Listen and relax to:

- **Beach Holiday**
- **Cool Talk (teaches positive self-talk)**
- **Nature Trail**

Write or call Marylou (she has a fabulously soothing voice) about her adult CD:  
905 668 6494 [whiteswanmeditation@sympatico.ca](mailto:whiteswanmeditation@sympatico.ca)

Order from my website with PayPal <http://www.confidentgirlsguys.com/070~Shop/>  
Visa and MC accepted by calling me at 905 986 1441



## Teen Girls & Young Women

**Feedback** from a mom whose daughter completed the 5 week online **Confident and Successful course**:

*"I see significant changes in emotional maturity and resiliency. When things aren't going Carlyn's way, she seems to be able to accept that and move on, without taking it to heart. I hope that she will continue to use the skills she has learned as she grows throughout life, as they will be valuable. Thank you."*

**Jo-Ann (Carlyn's mom) Oshawa**

**Hayley age 16 of Toronto wrote:**

*"I enjoyed the course very much! I feel a lot better about who I am following your online course, thank you."*



**E-mail for a sample lesson:**

[Monique@confidentgirlsguys.com](mailto:Monique@confidentgirlsguys.com)

*"There are no hopeless situations;  
there are only people who have grown hopeless about them." Clare Booth*

Buy through Pay Pal here: <http://www.confidentgirlsguys.com/070~Shop/>  
Visa and MC accepted by phone 905 986 1441

**I'm half price in January!**

**January,**

...it can be like being in a dark, cold cave where all you see are the bills from December. But on the bright side, it's the **very best month** to plug into a higher state of motivation:



## Pumped and Motivated Workshop!



On sale!...half price in January...(when we need it the most!)  
**Pumped and Motivated Workshop** stokes the team's internal fire. You'll get what you need to get through the longest, darkest, coldest month of the year with enthusiasm and a smile on your face!

Book your interactive workshop before November 30<sup>th</sup>, and its (I'm) half price!

\*Some distance restrictions apply

## Train your Trainers

Interactive, Enlightening, Certificate Training.

**5** years ago a large group of speech pathologists asked me to train them on the principles of youth self-esteem (my specialty.) I even wrote a training manual for them that offered boatloads of new strategies to engage youth and they were thrilled with my work.

Since then I've trained a variety of organizations who are delighted to discover that this training enhances their personal lives as well as professional lives.

I believe that the more in control and happy people feel - the more *in control* and *happy* they'll be towards the people they work with and the people they serve.

### **Feedback:**

*"I opened day two of our police conference with a round table discussion on the day spent with you. The feedback was overwhelmingly positive; they enjoyed the exercises, information, your manual (many had read it that evening at home) and would have liked it to be two days. Generally feedback we get on courses, is that it could have been shorter!"*

**Sharon Baiden ~ Director of Corporate Police Services**



**Happy October ~**



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**Please feel free to pass this on!** If you would like to unsubscribe, please send me an e-mail with "unsubscribe" in the subject line and I will respectfully remove your name from my list.

**PS:** "The Happiness Workshop...filling your cup" Pillar 2 - Sat. October 4 10:00-12:00.  
It's worth the drive to Port Perry!