

# Confident and Motivated Hello

## Confident Youth

School's starting!  
Are your kids as excited as you?

### **Confident Youth builder #1:**

If you want your child/teen to feel more confident, let them know that you believe in them before they actually prove themselves.

Tell them over and over again;

*"I believe in you."*

You can never tell them enough because they can never hear it enough...just like you!



### **Confident Youth builder #2:**

Communicate on a higher level. Plan to have 30 different conversations with them in 30 days. Yup...this means that you must think of something new to talk about each day.

Would it help if you pretend it's a reality show and you win BIG if you succeed?

BIG secret

...you do!!! ... and you will!

When was the last your child/teen got mail? Send them a card in the mail from a secret admirer or learn how to text and surprise them with a mooshy text that tells



them how much you love them! Try picking them up from school and going for a cappuccino. Your child/teen will enjoy the one on one time with you!

## Motivated Adults

### *Have you heard of the Beach Ball Effect?*

It's a metaphor about stress and what happens when you try to suppress it. The stress is the beach ball and the effect is what happens when you try to hold it under water for any length of time!!!

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It's incredibly hard to do but there are lots of us who do it anyway. Often it's because we say yes when we should have said no. Or we absorb beach balls that don't belong to us. It's all so exhausting!!

Make a list of all the pressure/stress (beach balls) that you are trying to hold down.

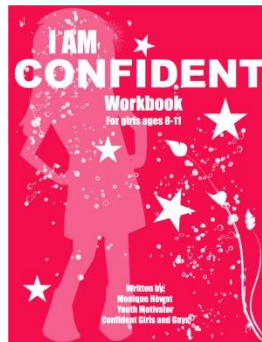
Now strike off the list all the beach balls that don't belong to you or that you don't need

in your life. **V**

# Page 2 ...girls stuff

## Girls age 8-11

This is the third printing since 2002 of my 50 page workbook for girls age 8-11.



It's written in a 20 day format so your daughter can do one page at a time, absorb all the content sloooowwwwwly and it lasts almost 3 weeks!

It suggests that *she teach you* all she's learned.

Imagine how empowering that can be for a young girl!

It's on **SPECIAL** until Sept 15 for only \$10.00 plus shipping and handling.

<http://www.confidentgirlsguys.com/070~Shop/>

**Pay Pal, Visa and MC Accepted**

## Teen girls

**Teens** are not so keen on going to public workshops but they love their computers! For that reason I have turned my successful teen workshops into an all inclusive online

**Success and Confidence** course. It's a 5 week course with three lessons a week on topics they actually like to learn more about:

Control...what you can and can't control

Relationships (this one is big!)

Deal Breakers in dating and friends

Body Language

Savvy Problem Solving

How to Stay Pumped

And loads more...

It comes with 101 daily goals cards!

<http://www.confidentgirlsguys.com/070~Shop/>



**Pay Pal**

**Visa and MC accepted**



## *The Happiness Workshop* *...filling your cup!*

**WEEK 1: Saturday Sept 20 10:00-12:00. New Scout Hall, Port Perry**

120 minutes of “pinch me” realizations that will bring you to a place of excitement and inspiration. Learn how to root passion, purpose and happiness and connect to the smooth path that we’re all very much entitled to.

\$40.00 per session

Reserve your seat

**Visa MC accepted**

*Coffee/ snacks, all materials and tax included*



## *How to Create A Better Version of Tomorrow!*

**WEEK 2: Saturday Oct 4 10:00-12:00 New Scout Hall, Port Perry**

For anyone who has ever looked at your life and wondered “is **this** it,” the fog will be lifted and opportunities unfolded before you. **This** workout for the spirit will be welcomed by your heart and soul too!

***“One should never consent to creep when one feels the impulse to soar.”***  
***Helen Keller***

**Register 905-986-1441**

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*Have a great September,*  
*Monique*

“Friend” me on facebook and I’ll proudly accept.