

# Find Your Inner Hero

## Free Workshop for Parents and Kids

Do you want your kids to learn how to manage stress, stand up to peer pressure, develop creativity, emotional resilience and feel empowered? *CII Insight for Life for Kids and Teens* is a powerful course created to help them discover their unique talents, learn valuable tools and techniques that prepare them for success at school and in life.



During the workshop you will learn simple techniques how to quiet your inner critic and find your inner hero. Join me with your kids at the free workshop full of fun practices and insights.

**Wednesday, September 23 6:00pm - 7:00pm**

Online zoom meeting to register please email: [Beata2bnow@gmail.com](mailto:Beata2bnow@gmail.com)

Please include your name, phone, your child's name and age.

Special instructions and login will be sent to you.



Beata  
Transformational Coach

***Kids and Teens today have it HARD! The pandemic is taking a toll on their and parents' emotional well-being. There is so much pulling on their attention daily, from technology, school, after-school activities and household***

***responsibilities! With limited social interaction and the rise in bullying, we have to equip our Youth with the tools to allow them to maintain motivation, positivity and feelings of self-worth DESPITE the obstacles thrown at them DAILY!***

Based upon methodology first taught at Stanford University's famed Creativity in Business Course the 8 week program is designed to take kids and teens on a profound journey into unearthing their CREATIVITY, tapping into their PURPOSE, and thereby ACTIVATING their full potential.

**Classes start in October.** This 8-week course (one 1 class each week) is an AWE-inspiring course focusing on mindfulness and positive transformation. Specific benefits and outcomes often include the following:

- Generates NEW IDEAS and creativity. Develops a NEW RELATIONSHIP **with time** and **reduces stress**.
- Inspires innovative **problem-solving** and BREAKTHROUGH THINKING to find solutions.
- Improves communication skills that breed SELF-CONFIDENCE **standing up to peer pressure/bullying**, and provides new access to better **communicate with family and friends**.
- Provides **mindfulness** tools to cultivate FOCUS and ATTENTION for **better results in academics**.

Each student will come away with a knowing about WHO they are, practical approaches for creating what they WANT, and THE SKILLS to move on to high school then college and into life with motivation, direction, and self-reliance.

For reservations and more information contact Beata at: [beata2bnow@gmail.com](mailto:beata2bnow@gmail.com)

[www.beata.life](http://www.beata.life) ph# 305-498-3456 or 786-565-2756