



## WHAT'S GREAT ABOUT YOU<sup>sm</sup>

### Sessions for raising the **Self-respect & Confidence** of **Teen Boys, Teen Girls and Children** Based on the **Reality of Their Natural Strengths.**

*“Of the 41 inner city teens who attended Janet’s sessions, 25 boys and girls asked if they could take it again! This is truly an inspirational program. It was enlightening to hear our teens talk, and amazing to see them before and after class.”*  
Boys & Girls Clubs of Metro Spartanburg, South Carolina

In all-positive and upbeat workshops, everyone has the opportunity to speak in front of a group and hear what others see as their natural strengths. Then each person receives a card listing those special strengths. Everyone is also encouraged to give feedback to others, listen with attention, and respect others. Additional exercises give teens and kids an awareness of their genuine courage; to feel gratitude, hope and happiness; and to understand that external situations do not determine who they are. The workshops are designed for this effect to last well into their futures. Parent/child classes are also available.

**Benefits for teens and children:** Increased self-respect and confidence based on specific feedback • Experiences of acceptance and dignity as they are affirmed in a trusting environment • Practice presenting themselves in front of groups • Learning how to be authentic, positive, and comfortable while speaking in class, on job interviews, at work, and in their personal lives • Learning how to see the good in others • Learning how to give positive remarks to others • Better listening skills • An inner sense of genuine hope and happiness.

**Benefits for organizations:** Staff, teachers, board members and volunteers see the natural strengths of teens and kids (sometimes with surprising results) • Invited donors and community leaders see for themselves why they should continue to contribute • Some teens can be identified for speaking with great confidence to potential donors.

*“Janet has been able to reach into the hearts of our teen boys, especially those at risk. And she has empowered them to share themselves with a group. She is the one and only facilitator they have requested for return visits.”*

Florida shelter for survivors of domestic violence

*“The session was sheer magic. The overall result was far greater than I imagined. Youth advisors reported that the youth were proudly showing others their ‘strengths cards’ for days later. This workshop is too good not to get the word out to others.”*

New Jersey shelter for homeless youth

*“We saw an incredible transformation in the kids. We know they will make a huge impact when they use these new skills to share their stories with the world.”*

Program for children and teens impacted by HIV/AIDS



**Janet Bauer**, a nationally known trainer and speaker with over 20 years experience in communications, has shared her talents with international CEOs and executives at major corporations

Her specialty and focus for the past six years has been working with teens, children, and adults in more than 40 non-profit organizations.

Among those clients are Prevent Child Abuse South Carolina, Duke University, YMCA of the USA, United Way, Camp Opportunity for abused children, Habitat for Humanity, Share the Care, Homeless Emergency Project, Hospice of the Florida Suncoast, University of South Florida, Pinellas County Sheriff’s Office, and The Florida Coalition Against Domestic Violence.

*Janet received the 2005 Woman & Youth Award presented by the Boys & Girls Clubs of Metro Spartanburg, SC.*