



Happy Mind Happy Life

CIJ for Kids & Teens

Insight for Life

A powerful program created for kids and teens where they are able to discover their unique talents, learn valuable tools, and self-empowerment techniques that prepares them for success at school and in life.

CIJ FOR KIDS AND TEENS INSIGHT FOR LIFE PROGRAM OVERVIEW:

This awe-inspiring program focuses on mindfulness and emotional intelligence. Based upon methodology first taught at **Stanford University's famed Creativity in Business Course (CIB)**, the 9-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. Using practical tools and techniques the CIJ Insight for Life Instructor will empower kids and teens to step into their authentic true selves.

THE PROGRAM:

This 9-week program is designed to provide students with a competitive edge by helping them to foster and develop the powerful creative potential within them.

Specific benefits and outcomes often include the following:

- Generates new ideas for **life purpose** and creative passions.
- Creates a new relationship with an organisation for dealing with **time management** and stress and anxiety.
- Inspires innovative **problem-solving** and consistent **breakthrough thinking** to find innovative solutions to complex problems.
- Improves communication skills that breeds self-confidence when **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 deeper knowing about who they are, practical approaches for creating what they want, and the skills to move on to high school, then university / TAFE, and into life with motivation, direction, and self-reliance.

PROGRAM STRUCTURE AND THEMES:

The first 4 weeks are spent on building a foundation in essential tools for creativity:

- **Week 1: Faith in Your Own Creativity – Cultivating Creativity**
- **Week 2: Absence of Judgment (Anti Bully work) – Cultivating Confidence**
- **Week 3: Mindfulness – Cultivating Focus and Attention**
- **Week 4: Powerful Questions – Cultivating Intuition**

The next 4 weeks are spent going more deeply into the tools as students apply them to four general school/life challenges:

- **Week 5: Purpose and Vision – Cultivating Gifts and Talents**
- **Week 6: Time Management – Cultivating Organisation**
- **Week 7: Relationships – Cultivating Compassion**
- **Week 8: Bringing Your Creativity and Vision into the world – Cultivating Courage**

In addition to the specific weekly topics, the program is organised around 2 themes:

- 1. Discovering yourself, your creative resources, and your highest potential.**
- 2. Applying the creativity and mindfulness lessons to make significant progress in both academics, sports, and in life.**

Finally, the program culminates with a powerful last class that has the student tap into their greatest creative resources.

Here is what the science says, according to TIME MAGAZINE September 2016 Special Issue

MORE KINDNESS:

Fourth and fifth graders who participated in a mindfulness and kindness program showed better social behaviour than their peers and were less aggressive and better liked.

BETTER MATH SCORES

The mindful group had math scores 15% higher than their peers. IN a separate study, 41% of meditating middle school aged kids gained at least one level in math on state standardized test.

FEWER ADHD SYMPTOMS

Even third Graders can get Zen. Nine Weeks of mindfulness and yoga resulted in fewer ADHD symptoms and less hyperactivity- and the effects lasted for months after the program ended.

MORE SELF CONTROL

Three Years after a meditation program was implemented at a troubled middle school; suspension rates dropped from 28% to 4% and teacher turnover plummeted.

IMPROVED FOCUS

At an elementary school in Richmond, CA teachers reported better focus, self control, class participation and peer respect in kids who followed a mindfulness program, compared with their levels before the program.

LESS DEPRESSION

Just 9 lessons of a mindfulness program led to lower depression scores, less stress and improved well-being in British kids ages 12-16, compared with students who didn't participate in the program

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