

## Workshop Outline: "The Art of Possibility"

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Based on the books, *The Art of Possibility*, by Rosamund and Benjamin Zander, and *Authentic Happiness*, by Martin Seligman Ph.D., we explore many effective strategies that can be used by students to foster positive attitudes and beliefs about learning and academic success. This workshop also addresses current research on motivation.



During this 90 minute workshop we will explore:

- The nature of happiness
- Happiness archetypes
- The effects of goals, meaning, and power of belief
- Satisfaction vs. happiness
- Effective tips & strategies on how kids can motivate themselves & be motivated
- Overcoming your past: how not to let your past dictate your present or limit your future
- Strategies for reframing any situation or problem

### About Youth Coach Canada

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**Youth Coach Canada (YCC) is a registered non-profit organization** founded by International Parenting & Youth Coach, Rob Stringer, BA, BEd, CPC in 2008.

**YCC helps kids, teens, and young adults meet with success** by making professional life coaching services & programs available to youth, as well as workshops for parents, educators, and others who support today's youth.

**YCC is dedicated to empowering today's youth—teaching them powerful skills to succeed both now and into the future.** These skills support key areas: academic success, youth leadership & entrepreneurship, as well as self-esteem & risk-taking.



**YCC's mission is simple—to help today's youth lead lives they LOVE!** Says Rob, "It's not about raising super-stars, but rather, giving regular kids & teens the skills and support they need to succeed,"