



# The Self Awareness Mechanic

## Potential Content – Life Ready Program

Identify Strengths, Skills, Strategies & Values

Control the Controllables,

Empathy & Planning for the Future

Emotional Intelligence & Self-Regulation

Mindfulness

Sleep & Physical Activity

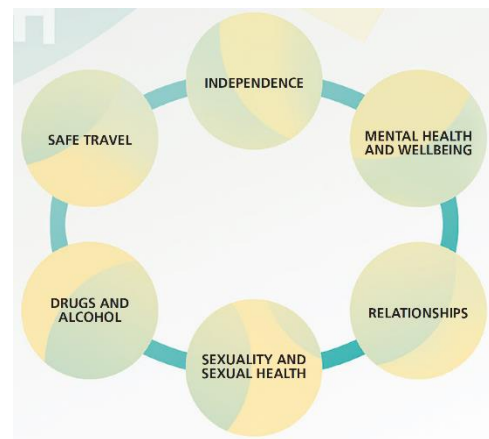
Optimism

Leadership

Resilience

GRIT

Personal Brand



## Structure

Timetabled Lessons

Seminars – Sessions, ½, Full Day, Offsite

Camp Program

CREATING OPPORTUNITIES TO  
TUNE INTO YOU 📻  
SPARK YOUR AWARENESS 💥  
IGNITE YOUR UNDERSTANDING 🔥 &  
REV UP YOUR POTENTIAL 🏎️

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