



# 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 & Activit

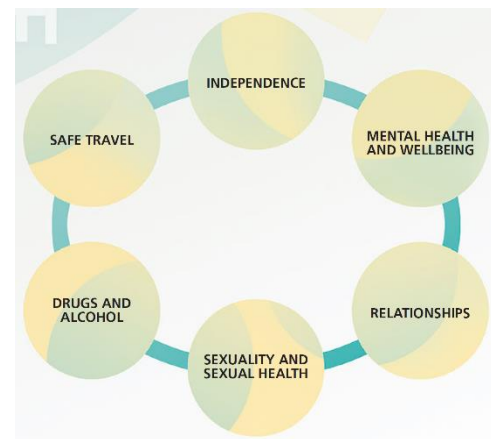
Optimism

Leadership

Resilience

GRIT

Personal Brand



## Structure

Timetabled Lessons

Seminars – ½, Full Day, Offsite

Camp Program

