

— STAR TEENS —
PERSONAL MASTERY SERIES

HAVE A SAY

IN HOW YOUR LIFE TURNS OUT



STAR
LEADERSHIP
be real • be true • be you

“Personal mastery teaches us to choose.
Choosing is a courageous act: picking the
results and actions which you will make
into your destiny. ”

PETER SENGE

THE WHY

Consider that, it is the habits we build and establish in our early years that often builds and establishes what we can create for ourselves in our later years.

We all can create phenomenal success, if we learn the traits that will make you successful and plan on living them out every day.

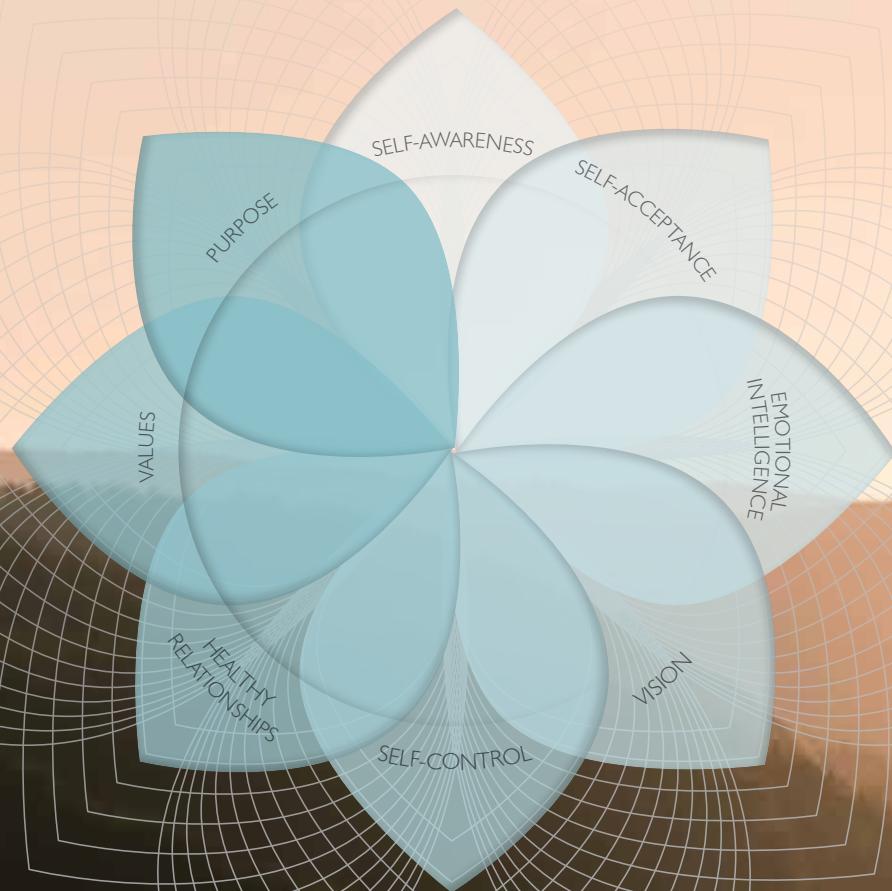
The STAR TEENS Personal Mastery Series has been designed to significantly impact how you think, decide and act, empowering a real and sustainable shift in yourself by raising your levels of self-awareness, emotional intelligence and promoting genuine Self-Love.

The traits of highly successful individuals:

DRIVE • SELF-RELIANCE • WILLPOWER
PATIENCE • INTEGRITY • PASSION • PURPOSE
CONNECTION • OPTIMISM • SELF-EFFICACY
SELF-CONFIDENCE • COMMUNICATION

THE PURPOSE OF THE PROGRAMME

To have a process your teens can attend that easily fits into the school curriculum to help them develop the competencies that set them up for success. A series of workshops that introduces and covers all the key ingredients of self-mastery, and tools they can then apply between sessions and beyond.



THE OUTCOMES

- A significant leap in self-awareness enabling a different level of control over your actions and choices
- The ability to identify, understand, and manage emotions, their own and of others
- The ability to control your attitude, thereby positively influencing your emotional state.
- The right attitude gets you the right results.
- An empowering relationship to responsibility and choice, and the ability to take ownership and accountability

THE PROCESS

TEN 1½ HOUR
SESSIONS OVER
10 WEEKS

1. RESPONSIBILITY AND CHOICE
2. THE POWER OF PERCEPTION
3. REACTION VS CREATION
4. EFFECTIVELY HANDLING DRAMA
5. DEFENCE MECHANISMS
6. HEALTHY BOUNDARIES
7. THE POWER OF COMMITMENT
8. EMPATHY AND COMPASSION
9. INTEGRITY
10. SETTING YOURSELF UP FOR SUCCESS

A SNIPPET OF EACH WORKSHOP

RESPONSIBILITY AND CHOICE

The key to feeling empowered in your life: you either take responsibility for getting the outcomes you desire, or you find yourself in consistent reaction to circumstances and in blame. This one is about the joy of ownership and what it can help you achieve in your life and your relationships with those around you.

THE POWER OF PERCEPTION

How we see things profoundly impacts our experience and from here how we act. This is about developing the ability to choose how you see things in a way that leaves you empowered and fulfilled.

REACTION VS CREATION

Reaction is not a choice, but rather an instant and automatic response to something, and a lot of the time doesn't bring us the results we desire. Creation allows us to come from vision and to create from a blank canvas, not a set of circumstances that we might already find limiting and uninspiring.

EFFECTIVELY HANDLING DRAMA

Drama creates stress and anxiety and depletes us of energy and forward movement. Here we want to teach you tools to help recognise what creates drama and how you can then effectively recognise it before you start to play.

A SNIPPET OF EACH WORKSHOP

DEFENCE MECHANISMS

An automatic response to help us avoid feeling pain or anxiety (e.g. shutting down or getting angry), but which also sets up a whole host of self-sabotaging behaviours. Learn what they are and why they occur so in future you can handle things more consciously.

HEALTHY BOUNDARIES

A self-honouring agreement to ensure you respect and value yourself. The basis of healthy relationships is healthy boundaries. They determine our sphere of responsibility and empower us to create clarity on how we want to be treated by others. Learn what they are and how to establish them.

THE POWER OF COMMITMENT

We are always committed, but some of the times those commitments are invisible or unconscious to us and those hidden commitments can stand in the way of the conscious commitments we want to act on in life. Here we explore the depth of commitment, and how we can make them in a way we want to follow through.

EMPATHY AND COMPASSION

'We are not here to see through each other, we are here to see each other through'. Anne Lamott. We know all too well the effects of a lack of empathy and a lack of compassion. This is an exploration into the ways we can increase our own ability to be empathetic and have compassion, for ourselves, and those around us.

INTEGRITY

Most times integrity is linked primarily to being honest and having good morals, and yes, whilst this is certainly an aspect of it, it is so much more than this. We see integrity as the state of being whole and undivided. A way of living that leaves you feeling congruent with who you really are.

SETTING YOURSELF UP FOR SUCCESS

We live in a world that expects people to perform at their peak 24/7. There is always so much more to do than the hours we have available in a day. But what if performance is greatly amplified when you learn to create rituals that allow time for recharge and recovery. This workshop focuses on the things you can do to develop healthy habits that set you up for success.



ABOUT
DOMINIQUE BRITS



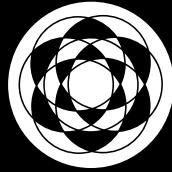
Dominique Brits is a coach for Star Leadership. She specializes in teachers, parents, teens, tweens and children group coaching. Being a teacher, herself, for 15 years and seeing the huge need for life skills and emotional support, Dominique has directed her career to Life Coaching. She has the passion and love for supporting, guiding and facilitating groups within a schooling environment.

Dominique has dealt with many ages, abilities, cultures and backgrounds of children. She has taught in many different types of schools, made relationships with many parents and loved every moment. But for her, teaching academics did not complete her need. For her, the most memorable moments were when she was able to support these amazing people emotionally. And so, her Life Coaching journey began, with a loving husband and two most amazing children cheering for her at home.

A decorative graphic on the right side of the page. It features a large, light-colored circle in the center containing a quote. Surrounding this circle are several concentric, overlapping circles and lines, some solid and some dotted, creating a complex, geometric pattern. In the background, there is a silhouette of a couple standing on a beach at sunset, with their reflections in the water. The sky is a mix of orange and blue.

“What we learn
becomes a part of
who we are”

KATHY JEFFORDS



Empowering you to create conditions of emotional safety, transparency, authenticity and responsibility in all areas of your life.

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