

— STAR TEENS —  
PERSONAL MASTERY SERIES

# HAVE A SAY

IN HOW YOUR LIFE TURNS OUT



**STAR**  
LEADERSHIP  
be real • be true • be you

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“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

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## 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.

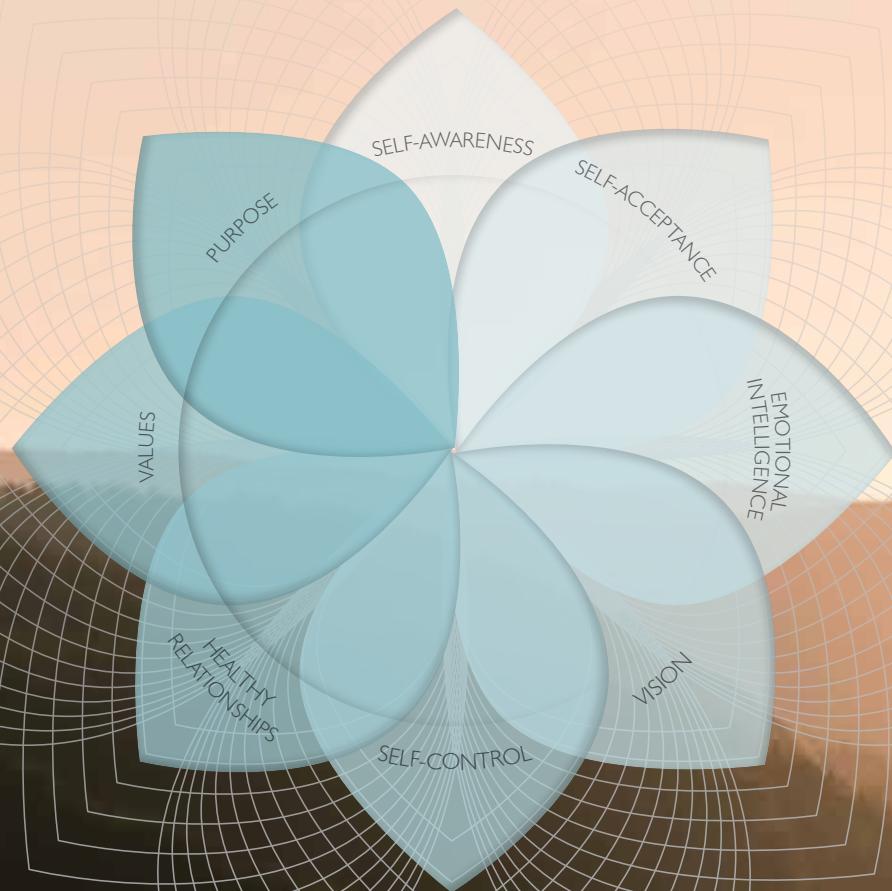
The STAR TEENS Personal Mastery Series has been designed to significantly impact how you think, decide and act, empowering a real and sustainable shift in yourself by raising your levels of self-awareness, emotional intelligence and promoting genuine Self-Love.

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 performance 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 YOUR TRAINERS



ASHLEA  
BARKER

Ashlea is passionate about the education space. In addition to being an executive, entrepreneurial and business coach, and a coach training facilitator for STAR Leadership, she runs a playschool, following the Reggio Emilia philosophy.

It fundamentally embraces inquiry-based learning and seeing children as unique, capable and respected so they can learn in a fun, collaborative environment that enhances the development of EQ and AQ.



CARRIE  
NIDD

*"The quality of our life is determined by the quality of our relationships"* remains one of Carrie's favourite quotes and has given direction and purpose to her approach.

With more than a decade of experience in coaching, related practices and courses, Carrie seeks to bring about empowerment in the relationships of individuals, couples, parents and teens/children, by aligning their individual values and needs.



DOMINIQUE  
BRITS

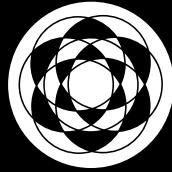
One of Dominique's main values is Education. This has been her life for nearly two decades. She has an Honours degree in Remedial Teaching. Her experience includes different schools, abilities, ages, backgrounds and cultures. Dominique also became a qualified Life Coach to empower herself and those around her. She has combined both of her worlds. This includes youth development and genuine self-love through well researched coaching techniques.



MARY  
FOURIE

Mary works with individuals, couples and families to connect their thinking, feelings and actions in a manner that supports them to create meaningful relationships in their lives.

Having been a self-centered, and self-destructive teenager herself, Mary is passionate about equipping teenagers to be more connected to their heart and soul as well as less responsive, self-actualised and sociable.



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

## CONTACT US

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