

# CHOOSING ME 2026 WORKSHOPS

All participants will experience every workshop – because choosing you means exploring every tool available to grow.

## STANDING ON BUSINESS: THE ADVOCATE EDITION

Welcome to my courtroom! Students will engage in a simulation where they learn from their peers how to advocate for themselves and others. The game is scenario based and places youth in real situations that requires them to identify problems and develop solutions with their peers.



## FROM VISION TO REALITY: CHOOSING YOURSELF THROUGH ENTREPRENEURSHIP

Big ideas start with belief. This hands-on workshop explores how confidence, self-worth, and intentional decisions turn ideas into real opportunities. Through discussion and body-butter creation, scholars will connect creativity with leadership and purpose.

Choosing yourself is the first step toward building something of your own.



## THAT'S LIFE: FAMILY LIFE SIMULATION

Life comes with choices – and consequences.

In this interactive “Game of Life” simulation, students will navigate real-world scenarios involving education, careers, finances, and family decisions.

Through discussion and reflection, scholars will see how planning, responsibility, and decision-making shape future outcomes.

Choosing you means choosing wisely.

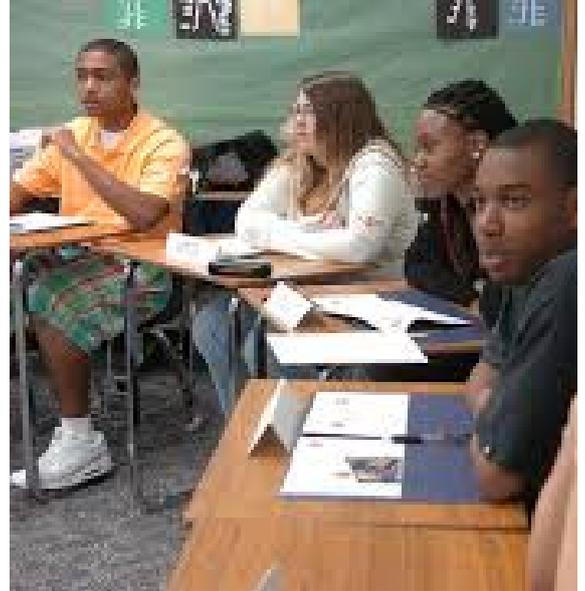


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### **FUTURE FOCUSED: AFTER HIGH SCHOOL PANEL**

What really happens after graduation? 👁️  
This real-talk panel features young adults sharing honest experiences about life after high school — college, trade programs, independence, money, pressure, and figuring things out in real time. Ask the questions you actually want answered. Because choosing you means choosing the path that fits your life.



### **I CHOOSE GLOW: HONORING SELF THROUGH NOURISHMENT OF THE SKIN AND BODY WITH SELF-CARE**

Self-care isn't extra — it's essential. In this interactive wellness session, students will work with products while learning the basics of healthy skin care — what to use, what to avoid, and how daily habits impact skin health. We'll also explore movement, hydration, and mental wellness as part of holistic self-care. Choosing yourself starts with how you care for your body — consistently and confidently.



### **MINDFULNESS IS A CHOICE**

Pause. Breathe. Reset. Throughout the day, mindfulness moments are woven in through gratitude rock painting, reflection, and journaling. Staying healthy during flu season. Learn simple tools to manage stress, protect your peace, health, and practice choosing yourself daily.

