



PASSIONS and DREAMS **for** Success Institute
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Empowering Students, Teachers & Parents

With

Jump Start Your Student's Life

"THE SKY'S THE LIMIT"®

After School Program

PREPARE YOUR CHILD FOR COLLEGE & LIFE

How can "The Sky's the Limit"™ workshops help?

These unique empowerment online/onsite workshops are prepared specifically for young adults. It is a provocative and informative presentation teaches them how to seek out answers and solutions to situations. It also discusses positive ways to acknowledge the changes that are taking place and to find ways to deal with them in a positive way.

Topics covered in our workshops:

- * Career Development * Peaceful Conflict Resolution * Elements of Loving Relationships * Body, Mind & Spirit Power
- * Unleashing Creativity * Make-over * Tolerance
- * Culture Differences and Harmony * Leadership Skills
- * Healthy eating training/exercise * Connecting to Positive Role Models and Goal Setting

Students are trained about Creative Arts, Entrepreneurial Skills and Finance.

General Information:

The transition from childhood to adolescence is gradual, but for some, the changes seem sudden and overwhelming and are difficult to deal with.

Boys and girls each make this transition in different ways, dealing with gender-specific issues. How teenagers cope with this period of transition has a big impact on who they are and how they perform.

We all understand that as a child enters adolescence, they go through many physical changes. While the outside is transforming the inside is going through extreme changes as well. These are the hormonal and chemical changes that will transport them into adulthood.

These same hormones and chemicals influence behavior and thinking.



And because they are transitioning through this very challenging period of their development, they do not have a clear sense of who they are. They are easily swayed by popular thoughts and do not understand how impulsive choices can impact their lives forever.

Why students need the "The Sky's the Limit"™ workshops?

Society can influence us into believing that having material possessions and finding Mr. or Ms. Right will make us happier people. Young adults easily buy into this myth by taking a series of unfulfilling jobs or mismatched relationships at times leading to early pregnancies.

Too often they neglect to develop themselves as individuals before making those very important choices. And they need to understand how vital that part of their development is. If not, they may attempt to build their futures on a weak foundation, which may lead to:

- Difficulty establishing an identity
- Low self-esteem and low self-confidence
- Conflicts with cultural traditions and values
- Drug or alcohol abuse
- Early marriage or unplanned pregnancy
- Physical or emotional abuse
- Succumbing to peer pressure and bullying

Presentations or Workshops for Students

General overview

Initial one-hour introductory workshop followed by 7 weeks of 45minute hands on workshops. The presentations and workshops are presented in a simple format. We use familiar and informal language in order to create trust and interest, and to encourage interaction with the students. The goal is to unblock channels that limit students' potential so they can live with heightened awareness and build the lives they truly desire.

7 X 45-minute interactive workshops

These presentational and workshops are both entertaining and educational, with lots of anecdotal material and interaction. Students are introduced to four innate success tools that will impact all areas of their lives. Through role playing, they will learn how to use these tools immediately to get positive results.

Some of the benefits of these workshops include: increased self-love and self-confidence, being able to visualize their long term goals and understand how to outline the step by step blue print to realizing the goals, the ability to connect school learning with their future life, the importance of social, physical, mental and emotional connection to succeed and an ability to more easily overcome life's obstacles and challenges.

3/--- "The Sky's The Limit"

The courses will teach the technique successful people use: **visualizing their goals; claiming their future. The role of exercise, healthy eating patterns and proper grooming are also addressed in this course. Proper grooming shows that we respect and believe in ourselves.**

Students learn the importance of cultivating resources and friendships with people who share their values, goals and positive attitudes. They are warned of the danger of associating with people who abuse drugs and alcohol and who engage in violent behavior.

Complementary Workshops

Parent Workshop

Parents are overwhelmed most of the time by trying to create a safe and comfortable life for their family. Oftentimes, they don't have any private or personal time. This workshop makes them aware that personal time is a necessity, not a luxury. By discovering four innate tools, parents learn how to balance their lives and create a more fulfilling lifestyle.

These 2 hrs workshops offer a general perspective of what students need in their daily lives to create open communication with their parents, teachers and friends. The workshops also discuss how important it is for parents to give consistent, positive messages to their students to assure they become successful adults.

These tools are exactly what parents need. If parents are not personally empowered, if they lack self-confidence, their children will have poor role models. These workshops reinforce the ways parents either encourage or discourage passion and growth in teenager and young adults and show them how to avoid destructive behaviors.

Teacher Workshop

Alongside the parents' guidance and example, it is the teacher that prepares students for their future. This workshop re-ignites passion back into the teacher's life.

The limited budget for education imposes huge demands on the teacher. Their time constraints often blur the boundary between their professional and personal lives. This workshop addresses this issue.

By learning the four inner tools, teachers will not sacrifice their personal lives and will be better able to teach and encourage their students. This workshop will re-ignite the passion for teaching. Teachers also participate in our healthy eating and living programs.

For more information or for a personal presentation please contact Rebecca Parsley via contact@passionsdreams.org. 310 273 1019

For more information, please visit www.silvamirzoian.com www.passionsdreams.org
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