



NoFo Life Coach

www.nofolifecoach.com

thinking OUTSIDE the BOX



TOOLKIT FOR TEENS WITH NOFO LIFE COACH, LESAYA KELLY

- ➔ **SESSION 1: GET YOUR BRAIN READY FOR BREAKTHROUGH THINKING**
Explore activities that generate creative, breakthrough thinking.
- ➔ **SESSION 2: MOVE PAST LIMITING BELIEFS**
Address the impact of limiting beliefs on problem solving, with an activity to re-frame expectations.
- ➔ **SESSION 3: EXPLORE CREATIVITY AND BREAKTHROUGH THINKING**
Create a mind map to visualize and organize ideas and problem solving.
- ➔ **SESSION 4: DEVELOP PERSPECTIVE AND OPTIMISM**
Learn to see challenges as opportunities and look for the silver lining activity.

By the end of this workshops series, teens will have gained practical tools and strategies to think creatively, overcome limiting beliefs, and approach problems with a positive mindset!



Wednesdays, 6-7:15 PM
2/28, 3/6, 3/20, and 3/27



The North Shore Youth Council Counseling Center,
located in the portable building on the grounds of
the Shoreham-Wading River High School



The cost of this workshop is \$130.00
(due at the time of enrollment)

CONTACT LESAYA@ICLOUD.COM TO REGISTER!

Lesaya Kelly has an MA in Leadership and Communications, with a certification in the science of well-being. She is an advocate for the boundless opportunities for growth in every facet of life.