



# Building Resilience Empowerment Plan

Building resilience means helping kids develop the skills to handle the ups and downs of growing up without getting down on themselves or giving up on themselves.

Developing resilience is one of the most important mindset skills for kids to learn!! Their ability to pick themselves up again when things don't go their way will directly shape who they become and what they create in their lives.

With this coaching package, kids learn how to get back up again after falling down so that disappointments and failures don't keep them from their dreams.

## What We Cover

- ✓ How Your Mind Shapes Your World
- ✓ Visualization/Systems
- ✓ Power of Possibility
- ✓ Overcoming Mistakes
- ✓ Managing Fear
- ✓ Self-talk
- ✓ Moving Past Failure
- ✓ Managing Change



[Schedule a Free Consultation](#)