



Self-Empowerment Course

At a Glance:

Recommended length of session:	2 hour Sessions (possibly broken into diff ages)
Sessions:	8 Sessions
Method:	Delivered via Zoom
Dates/Times:	Flexible based on your needs...start asap
Participants:	Children & Youth
Hours to be Determined:	Flexible based on your needs
Pricing:	Varies
Resource Material:	This session will include one activity sheet per session

The **Self-Empowerment Course (SEC)** is delivered to communities that want to excite and educate young people to becoming more confident. Issues to be discussed weekly in the sessions may include but are not limited to are: confidence, communication, social media, self-esteem, bullying, joking, learned lateral violence, diversity, mental health, living in a small town, etc.

Dave and Dan Jones will facilitate and excite students enrolled. Guest Turtles will provide the chance to chat, to complain, to laugh, to listen, to share and to connect to “Turtle Concepts” energy and teachings. This program can run immediately after school or later in the evening to ensure success.

Dave and his team will provide insight, solutions, stories, jokes, and more to help relieve some of the mental stress that “needs to be spoken to!” The SEC Course is one of the most impactful programs of Turtle Concepts’ history and has helped many to grow more confident upon its completion.

The Course is designed to suit different age/maturities (suggested as per call... Junior and Senior Group). Classes will be done at different time slots virtually to respect those and a certificate upon completion will be awarded as well as other acknowledgement awards. Indigenous Teachings will be woven into the course all throughout so the pride and identity of each participant will help them to “choose life.” Also, guest invites to parents, elders may occur if agreed upon by the students.

For more info on costing, registering and planning, please email turtleconceptsinfo@gmail.com