



☀️ Confident, Connected, Creators ☀️

“Learning the skills and tools to help students know themselves on a deeper level, which lays our foundation for living life with greater balance, self-reliance and confidence!”

Teacher: Carly Lurier ☺️👐

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Thursday Track Dates:

November 16th, 30th

December 7th, 14th, 21st @ 7PM EST

Sunday Track Dates:

November 19th, 26th

December 3rd, 10th, 17th @ 10 AM EST

Student Learning Objectives:

1. Healthy ways to self reflect and seek answers to hardships from within
2. Different therapeutic ways to deal with our emotions and how to understand the wisdom they carry
3. How to properly set goals and intentions and take steps towards fulfilling them

4. The power of daily practice, positive affirmation and self-work
5. How to set healthy boundaries and different ways to care for our needs
6. Calming the nervous system when in a state of panic or heightened anxiety
7. Short ways to boost our mood if we are feeling down or discouraged
8. How to switch into the role of caring for ourselves and being a guiding friend to us

Week 1: The Story of You.

This first class acts as a giant icebreaker, and for all of us to get to know each other, but also the opportunity to express with our voice, the story of our life so far. What are some hardships you've been through? How have you overcome life obstacles? What are some of the best experiences you've had and your takeaways from their impact? This class will also allow for all of us to create a safe space and supportive container for the work we will be doing in the coming weeks.

Week 2: Decoding Emotions.

Emotions are energy in motion, and how we deal with this energy when it arises is very important. This week, we will go through an entire emotional range, reflecting on where we feel certain emotions in our bodies, and how we usually deal with them. After our reflective process we will go through exercises for dealing with certain emotions and how we can cope with these emotions in ways that feel successful for us.

Week 3: Keeping It Real.

What is getting in the way of you feeling happier and more successful in life? In this class we will discuss our overall intentions/goals for the next few years. The students will participate in introspective exercises to help them open to being more accepting of themselves and others, which helps us release stagnant energy that may act as a block in our contentment/happiness in life.

Week 4: Boundaries, Self-Respect, and Caring for Our Needs.

This week will be focused on the concept of caring for ourselves through setting healthy boundaries - not just with people in our lives, but with school, things we consume (such as technology, food, video games, other 'habits' we may have, etc.). Additionally, we will discuss the issue of caring what others think of us, as well as introduce exercises to help with these kinds of stressors and imbalance.

Week 5: Being Our Own Wise Guide and Putting It All Together.

Our focus for the last class is to recap everything we know, step further into being our own 'wise' guides, and have time for Q&A.

****Homework:**

Each week the students will receive a small homework assignment - this assignment is really for them and not meant to be stressful at all (but actually enjoyable). If students feel like it's too much to add to their plate I encourage them to discuss it with me and we will always figure something out!