



*Breakthrough*



## ZESTLIFE- Who are we?

ZestLife have been working with teenagers around the world from all walks of life for the last 10 years. The team is made up of male and female facilitators who work together with young people, role-modelling good gender interaction and respect. They are highly qualified as coaches, therapists and presenters and have decades of experience in coaching and counselling teenagers, specializing in young people with behavioural, social and economic challenges both at home in Ireland and internationally in Belarus, Georgia, Azerbaijan, Russia, Romania, Africa, Uganda, Liberia, Iran and Afghanistan.

### **Outcomes of the 'Breakthrough' workshop:**

**Breakthrough** is designed to bring your trainees on a cognitive journey. They will leave the workshop with more self-esteem and confidence, truly more excited about their lives.

They will:

1. Understand some of the problems they have had and why
2. Breakthrough fears and beliefs about themselves they never knew they had
3. Create new and better beliefs
4. Be excited about the future

### **How does it work?**

**Breakthrough** is a half-day programme, containing 3 modules. Each workshop is fun, interactive and hugely rewarding to those who participate. We recognise that questions and feedback are an integral part of the learning process which is why we will provide your trainees with a safe environment to develop and engage in what is a very positive learning experience.

### **Teaching Methods:**

We are acutely aware that teenagers tend to have extremely short attention spans and tailor our training accordingly. ZestLife use a number of different techniques in order to create a dynamic, interactive and practical learning environment.

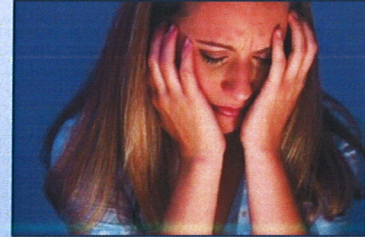
During **Breakthrough** we use different types of media to cater for different learning styles within each group. Each delegate is encouraged to get involved in the learning process where participants engage and contribute to obtain a physical reference for what they are learning. This makes the content more memorable, practical and easier to apply.



## **Module 1: What we want in life!**

*In this section we learn that what we were after in our lives was to live with positive emotions*

- The young dream
- What happened and what got in the way
- Obstacles



## **Module 2: Identify the obstacles!**

*In module two we write out the obstacles that got in the way, including fears, negative beliefs about ourselves and playing the BED game.*

- Bed V Oar
- Fears and beliefs
- Negative habits



## **Module 3: BREAKTHROUGH!**

*The last module is high energy and creativity, we breakthrough the obstacles in a physical exercise and move into a goal setting and planning stage*

- Smashing!
- Make it happen
- Rejoice & Celebrate
- Contribute

