



YouthForce

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 'YouthForce' workshop:

YouthForce has been proven to create change in 3 specific areas for each trainee:

1. Improved attendance at the centre
2. Improved communication and behavioural skills
3. Higher levels of commitment to performing on their course and completing it

Your students will identify what they really want out of life and associate it to what they are currently working on in your centre. They will learn emotional tools, which they can use to create new habits, new decisions and a more resourceful attitude towards life. This leads to an improvement in their attitude, attendance and work-rate.

Your students' behaviours will improve as we help them develop a new understanding & attitude towards their own behaviours, emotions and their life. This module contains specific guidelines on how to resolve conflict in all aspects of their lives with particular emphasis on their training course.

Your students will become more committed to performing and completing their course because they will be feeling a greater sense of responsibility for their own decisions, behaviours and ultimately their destiny. Our unique destination goal-setting workshop creates a sense of purpose and excitement in their lives.

How does it work?

YouthForce is run over 2 days. This programme contains 6 modules over the 2 day period which are facilitated by a ZestLife trainer. 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 the YouthForce training 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: Your Life, your Hopes & Dreams!

Specifically designed to create a compelling future for the trainees and to show them how to fuel the achievement of that vision

- Remember your dreams
- Re-establish links with your passions
- Understand what drives you
- Realize what stops you



Module 2: Real life, where are we?

Focused on a holistic approach to emotional wellness:

- Establish the truth
- Are we in BED?
- Do we want to play full out?
- Grab your OAR and start rowing!

Module 3: Addressing insecurity, destructive limiting belief and fears

Designed to help the trainees to overcome their internal obstacles

- What is limiting us?
- What are we afraid of?
- What holds us back?
- BREAKTHROUGH!!! Board-break exercise.



Module 4: Social Speedbumps & Relationships

Designed to help trainees to overcome their external obstacles

- Relationships
- Drugs, alcohol, cigarettes
- Bullying, Suicide
- Social pressures



Module 5: The Power of Contribution

The art of fulfillment!

- Meet all your needs
- Learning to Believe & Receive
- Heart NOT Head
- Your true self

Module 6: Maintaining Motivation

How to use this information when you just don't feel like using it! How can I motivate myself daily?

- How can I keep motivation in the weeks to come?
- Dreaming beyond the dream
- Act as if
- What would creating your dreams mean to you?



Feedback from previous programmes run by ZestLife:

'Our aim is to facilitate our trainees in creating a constructive future for themselves. We work extensively with ZestLife because we believe they accelerate our mission and encourage our trainees to become even more confident, positive and productive.'

Mick Byrne, Tolka Valley CTC, Dublin (October 2007)

'We have worked extensively in the past in areas of self help and personal development with our trainees. This YouthForce Programme by ZestLife is far and away the most beneficial and powerful-2 day course we have ever done. Our trainees loved it and were impacted very deeply in a very positive way. I have already asked ZestLife back to work with our trainees in the summer.'

Alex Cahill, Bonnybrook YouthReach, Dublin (December 2007)

'The way Maggie and Stuart talked to us was great. I felt that they both really helped me, not only now but for my future. I'm going to be more positive in life.'

Trainee, Tolka Valley CTC, Dublin (October 2007)

'I realised I can get through my fears. I'm going to finish my course because I know now I can do it. I also want to help people who don't have as much as I do.'

Trainee, Knocknaheeny YouthReach, Cork (January 2008)

To book training for your centre call:

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