



MR. PEACE

Reaching Hearts. Changing Lives.

STAFF EMPOWERMENT PROGRAM: **“ONE LIFE AT A TIME!”**

Following the wide-ranging issues surrounding the mental health of our youth and adults, (i.e., lasting effects from the pandemic, remote work, social media, etc.), students, educators and people in general are carrying an immense weight of new stressors, anxieties, and, in some cases, trauma in their daily lives. That is why it is essential that we invest in the overall well-being of the personnel who are leading our leaders of tomorrow, and that is exactly what this heart-focused curriculum and training aims to accomplish.

Titled "One Life At A Time", the primary goals of this seminar are to not only revisit why we do what we do and why we even got into our career pursuits in the first place, but to increase staff morale as well by allowing participants the chance to work through any present or past pain, along with any limiting (negative) beliefs holding us back.

Through a series of experiential exercises, inspirational videos, uplifting music and powerful stories, attendees will learn the true, unlimited potential that every person has to positively impact a person's development forever. With half or full-day sessions available, consider empowering your employees by booking a motivational workshop with Mr. Peace today!



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