

YES!

Youth Empowerment Seminar



Three Aspects of YES!

self-management techniques-

- breathing techniques & yoga stretching
- outcome: relieves stress, promotes calm, incr. energy, enhances learning ability.

leadership/social skills component-

- experiential processes to help teens feel at ease in challenging situations.
- fosters increased confidence & inner strength to handle teen pressures

human values/ project-based service activities.

- i.e: non-violence, compassion, kindness, friendliness, and cooperation.
- mentored service project to translate vision into action

Improvements reported by students upon completing YES! (student survey)

- Reduced Stress.....93%
- Reduced Anger & Irritability.....86%
- Better Mood.....93%
- Improved Sleep.....69%
- Improved Calmness.....96%
- Improved Focus.....89%