SUPER
HERO
PROGRAMS

Inspire a new generation to thrive in an evolving world through the conscious use and awareness of their inner power.

To create and promote generations of young superheroes.

How do children become Superheroes?

CHILDREN ARE BORN SUPERHEROES

They only need the strength of your power, to get access to the tools of a conscious education that reconnects them with their inner power, ignites awareness, refines their sense of being, and transforms their power of decision into one of accomplishments and happiness.

About the program

The Students

The Superhero program is intended for students grades second through fifth.

Life as a Superhero Student includes

12-weeks of 45-minute sessions of:

- Superhero Talks
- Empowering Audios
- Positive Affirmations
- Visualization Exercises
- Fun Movement
- Introspective Activities

The Instructors

Instructors currently do not need any specific credential or license. They may be teachers, counselors, paraprofessionals, parents or caregivers.

Life as a Superhero Instructor includes:

- 15-minute segment training
- Videos delivered throughout the program with Self-Empowerment Resources and
- Professional Guidance for each student session
- Preparation Training Week-by-Week Activities
- Discussion Questions
- Audio Recordings
- Reflective learning
- Customized Training & Support
- Easy user-friendly downloadable handouts and Program Manual

"Happier kids, happier teachers, happier parents, happier world!"

How it works:

- Empowers children to build healthy self-esteem
- Online program delivered through teachers, educators or other care-givers
- Include instructor wellbeing, so that through the personal growth activities they can reap the benefits of the Superhero program
- Elevates standards of awareness of their possibilities and potential
- Unleashes their inner superpower of confidence, resilience, kindness and balanced emotions
- Geared to ages 5-9 years old

Transformation Opportunity

Why adopt **this program?**

There is power behind every one of **our Superheroes** and that power is fueled by **educators and parents.**

This fuel includes:

- Your belief in them **as they discover their power**
- Your reinforcement as their **sense of achievement increases**
- **Your honest** investment in their true potential

The World Health Organization (2021), found the following:

Globally, one in seven **10-19-year-olds** around the world experiences a mental disorder, accounting for 13% of the global burden of disease in this age group. In fact, over **80,000 youth worldwide experience symptoms of depression and anxiety every day.**

Depression, anxiety and behavioral disorders are among the leading causes of illness and disability among adolescents.

Suicide is the fourth leading cause of death among **15-29 year-olds.**

The consequences of failing to address adolescent mental health conditions extend to adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling **lives as adults.**

Benefits of being a Superhero:

Children and teachers with healthy self-esteem will improve the school environment.

Decreased disciplinary issues inside and outside of the classroom.

Creating a more inclusive environment

Heightened listening and deciphering skills.

Mindful community and increased motivation for self-care (mind/body/self).

Decreased bullying. Increased respect for peers, teachers, and materials.

Ownership of actions and a newly found desire to positively resolve conflicts.

Enhanced communication: student-student, teacher-students, teacher-teacher and school-parents.

Activated desire to read and learn.

Improved academic performance.

Kids enjoy being kids again

Teachers enjoy reconnecting withtheir passion of teaching.

When children reconnect with their inner power they learn social-emotional skills that allow them to thrive in life.

Developing empathy and kindness practices.

"Everyone is born with the power within to live extraordinary lives!"

-Sir Ken Robinson.

The Superheroes program teaches

transformational and evidence-based tools such as visualizations so children can see themselves being, doing or having the life they desire, positivevaffirmations so they can support their vision through a healthy self-talk and mindfulness to balance emotions while boosting their self-esteem.

Aligned with your vision the Program can enhance your own objectives –The program focuses on content that we believe can match and complement your amazing mission with children.

We have witnessed the transformational force of aligning the power of our program with teachings, missions, and objectives as your own, resulting in empowered children.

Regardless of their current conditions, children discover the strength of their own resilience and learn manifestation tools that serve as social-emotional skills to thrive in life.

This results in a generation full of conscious, **happy adults that our evolving planet desperately needs.**

When a child discovers his/her abilities to reach their full potential, they can change the trajectory of their lives.

Superheroes know how to

1. Acknowledge & Connect with Inner Power
2. Develop Self-Esteem and Self-Love
3. Use Visualization to Manifest Enhanced Learning Skills
4. Love and Care for Nature
5. Have Inner Strength and Confidence
6. Feel Serenity
7. Express Gratitude and Joy
8. Respect Diversity
9. Display Confident Leadership and Performance Skills
10. Act in a Healthy and Mindful way
11. Express Kindness

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World Health Organization. (2021). Adolescent Mental Health. https://www.who.int/news-room/fact-sheets/detail/adolescent-mental-health.