

# Teen Weekends Level I and II



Personal Best Seminars

## Teens face many identity issues...

and often feel confused about who they are and what their lives are all about. Both weekends are designed specifically for teens, engaging them in an intense, personal, powerful and FUN experience. Teens typically leave the seminars wanting more and are amazed that two weekends were so valuable and meaningful.



The Personal Best Teen Weekends provide a safe environment in which to examine what you think (beliefs), how

you feel (attitudes) what you actually do (behaviors) and most importantly, how each impacts the results in your life.

Participating in the Personal Best environment will probably be different from most other educational experiences you've had. You won't be listening to long lectures, taking notes or writing exams. You will be actively involved in a variety of exercises.

Personal Best reaches the teen who is already doing great, and who is making good choices, as well as the at risk teen who is struggling with a variety of personal issues. The content is designed to hold value for any teen who wants to participate. Personal Best has designed these weekends to empower teens through the challenging and often turbulent adolescent years.

During the Weekends, the teens will be immersed in a variety of educational and experiential activities, which allows them to evaluate the undesired results of their choices and begin making effective new choices. They get to see the value of STOP-LOOK-CHOOSE before taking action rather than after.

## WHAT WILL THE TEENS LEARN? Teen Weekend Level I

- How their behaviors impact their relationships
- The impact of keeping, and not keeping agreements
- Communicating more clearly and respectfully with parents, teachers and friends
- Accountability for their choices and results
- Self-Image and how that affects their Self-Esteem
- Identifying their limiting and supporting beliefs
- How unique and exceptional they are!

## Teen Weekend Level II

- Goal setting and seeing beyond the next day in their lives
- Communication styles – polishing their skills
- What do they really want – based on values
- Developing leadership skills & being a role model
- Sharing their special talents
- How unique and exceptional they are!



## Ages

The Personal Best Teen Weekends is for teens

between the ages of 13-17. (Parent's consent is required)

## Hours



### Teen Weekend #1:

#### **OCTOBER 9 – 11, 2009**

Registration 6:00 pm - 6:25 pm

Friday: 6:30 pm -10:00 pm

Saturday: 10:00 am -6:00 pm

Sunday: 10:00 am -6:00 pm

### Teen Weekend #2:

#### **NOVEMBER 13 – 15, 2009**

Registration 6:00 pm - 6:25 pm

Friday: 6:30 pm -10:00 pm

Saturday: 9:00 am - 5:00 pm

Sunday: 10:00 am - 6:00 pm

*“Our lives are not determined by what happens to us but by how we react to what happens, not by what life brings to us, but by the attitude we bring to life. A positive attitude causes a chain reaction of positive thoughts, events, and outcomes. It is a catalyst, a spark that creates extraordinary results.” Anonymous*

## Registration

This is one course spread out over TWO weekends.

Investment: \$1497 for both weekends.

Both weekends are only being offered once this year, so be sure to register early! Registration is limited due to the design and structure of the activities.

### Contact a 'Client Care Specialist' to register:

Personal Best Seminars  
10981 – 127<sup>th</sup> Street  
Edmonton AB T5M 0T1

Main Line: (780) 408-5530  
Toll Free: 1-888-769-2378  
info@personalbestseminars.com  
www.personalbestseminars.com

## Refund Policy

Personal Best Seminars has a money back satisfaction guarantee subject to the following terms and conditions:

If you complete any level of the Personal Best Course, or associated workshop/seminar that Personal Best offers and submit in writing, within 10 days of course completion that you are not satisfied with the course, we will refund your full registration. We will also refund your full registration if we change a date or cancel a course that you have paid for. With the above exceptions, all fees are fully transferable, but non-refundable.