Good day to you. Thank you for your time and the opportunity to present Find Yourself Foundation Themes to you and your panel.

Please allow me to introduce the following :-

###### GENERAL OBJECTIVES FOR ALL FY THEMES

FYF themes are fundamentally focused on ***the relation of self to approaching life***.

For that to take place effectively, participants are guided to first

* *The understanding of self towards coping and embracing life in positive ways*
* *Establishing specific values of adherence (personal mottos to live by)*
* *Identifying ones’ personal SWOT analysis,*
* *Developing and implementing personal action plans in every aspect*
* *Be aware of “Who am I? (positive and negative)*
* *Taking the time to process and understand what is confronted*
* *Acceptance*
* *Choosing a direction****.***

The following schedule presents a summary of FYF Themes. In addition, other areas are presented as per client’s needs and requests:-

###### FIND YOURSELF THEMES

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| **BECOMING AND *KEEPING* MOTIVATED** | **EFFECTIVE NETWORKING –** **A CREATIVE FUNDAMENTAL GUIDE** |
| **WHY AM I AFRAID???!!****THE JAWS OR GUMS OF FEAR – GAINING CONFIDENCE** | **ORGANISATIONAL ETHICS** **AND EXPECTED BEHAVIOUR** |
| **CREATIVE PROBLEM-SOLVING PRACTICES** | **BUILDING COMMUNITIES - BANISHING SOCIAL CRUELTY** |
| **MANAGING THE IMPACT** **OF DISAPPOINTMENTS** | **THE JUGGLING ACT –****WORK / LIFE BALANCE** |
| **ADULT LITERACY** | **LOSING A LOVED ONE** |
| **PULL YOUR OWN RABBIT** **OUT OF THE HAT !****(PREPARING AND EXECUTING YOUR GOALS)** | **SPEND? SAVE? INVEST? WHEN?****INSIGHTFUL APPROACHES TO FINANCIAL MANAGEMENT** |
| **DIRECT APPROACHES –****PREPARATION TO** **THE WORLD OF WORK**  | **HEAL YOUR LIFE –****PRACTICAL TECHNIQUES** |
| **NOW GO GET THAT JOB!! – SUPPORTIVE INTERVIEW APPROACHES (incl. Mock interviews)** | **THINK YOU CAN? KNOW YOU CAN!****(POSITIVE THINKING STRATEGIES)** |
| **HEALTHY LIFESTYLES -** **ADJUSTING YOUR CHOICES** | **HOW TO???****GUIDE TO EFFECIVE DECISION MAKING AND CONSEQUENCES** |
| **SEXUAL BEHAVIOURAL CHOICES – THE END RESULT** | **BOULDERS VS PEBBLES****(DEALING WITH STRESS)** |

###### FIND YOURSELF THEMES

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| EXERCISING YOUR FAITH | **“I’M TALKING BUT** **THEY’RE NOT LISTENING”****UNDERSTANDING THE IMPORTANCE OF EFFECTIVE COMMUNICATION** |
| **SELF AWARENESS AND ACCEPTANCE – KEYS TO BEING THE BEST YOU** | **CREATIVE JOURNALING –** **ACHIEVING GROWTH –****ONE WORD AT A TIME** |
| **24 HOURS – MANAGE YOUR TIME** | **CLEAR CUT APPROACHES TO EMBRACING CHANGE -** |
| **WHO IS GOING TO SIT NEXT TO YOU?** **HYGIENE TIPS**  | **FAMILY RELATIONSHIPS – FUNCTIONING AS A UNIT** |
| **DECIDING YOUR CAREER PATH****THE FOLLOW THROUGH PROCESS** | **BUILDING and *MAINTAINING*****YOUR SELF ESTEEM** |
| **MANAGING ANGER/CONFLICTS WITH DIFFICULT PERSONALITIES** | **FINDING AND EMBRACING****‘THE HIDDEN YOU’** |
| **CREATIVELY MANAGING** **CRISIS AND CHANGE** | LETTING GO & MOVING ON |
| **RELATIONSHIPS…****ITS VALUES, ITS LESSONS** | **HANDLING THE TRUTH** |
| **INTERNAL AND EXTERNAL CUSTOMER SERVICE****AT YOUR BEST** | **TRUST FACTORS** |
| **ADDICTION –** **THE BROAD PERSPECTIVE** | **THE TEAM FACTORS** |
| **POSTIVE WORK ATTITUDES** | **PERSONAL SPIRITUALITY** |

We have also included an example of our objectives for your review.

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| **MODULE** | **SPECIFIC OBJECTIVES** |
| **FINDING AND KEEPING YOUR MOTIVATION** | *Identify your interests versus your passions**Discover your strengths/weaknesses**Recognising the turning points.**Application of strategies to lessen limitations**Strategies for overcoming challenges within the educational environment**Methods of motivational approaches* |
| **SELF AWARENESS AND ACCEPTANCE- KEYS TO BEING THE BEST YOU** | *Steps to identifying your current behaviour*  *and lifestyle – negatives and positives**What is normal?**Forming your identity-eliminating the labels**Acceptance or change – how to become*  *honest with yourself**Recognising uniqueness – comparing yourself*  *to yourself**Eliminating boundaries – How God sees you?**Managing and facing personal fears**Reaching YOUR best.* |

Thank you for your time and consideration. Do enjoy the rest of the day.

May God continue to bless you and yours.

Respectfully,

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***Debra Atwell***

***Founder & CEO***

***FIND YOURSELF ORGANISATION***