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***