

Empowered Education Training Program

We all want to be our absolute best and want the same for any young people in our lives. As teachers, administrators and youth workers you have an amazing opportunity to make a huge difference in the lives of youth. But it can be incredibly challenging to be a good positive influence for your pupils if you are not balanced and empowered in your own life first.

Empowered Education is a staff training program that was developed by Vicki Savini & Michael Eisen to educate, enlighten and empower educators and youth workers to be their absolute best so they can show up in a more positive, supportive and empowering way for the youth that they work with. Our program has three tenets: 1) Inspire the educator to live the most empowered version of themselves. 2) Understand the youth they work with. 3) Educate from empowerment.

What We Do:

- Teach staff members to release tension, calm the nervous system, reduce stress levels and re-energize.
- Share tools and philosophies for mental, emotional and physical well-being.
- Engage participants with thoughtful activities around understanding themselves and their students.
- Provide insights for how to connect with youth in a more compassionate and empathetic way.
- Provide simple and practical tools and strategies for educating from a place of empowerment

Each workshop is customized to meet your staff needs. We find that experiential learning is most effective and offers lasting effects.

Benefits of the Program:

- Reduced stress, tension and nerves so you can show up more fully for your students
- Increased energy and happiness levels
- Feel more empowered to make good healthy choices
- More engaged, productive and attentive students
- Stronger community feeling within your environment

Your students emulate your words and actions. The more balanced and empowered you are in your own life, the more that will rub off on them creating a ripple effect amongst them. *The better you feel about yourself, the easier it will be to empower them to make good choices that will lead to happier, healthier and more successful lives.*

About the Facilitators:

Vicki Savini is a teacher, author, life coach, and inspirational speaker who has taught *holistically* in the NY public school system for close to 15 years. She believes in touching the hearts of her students before teaching their minds. Vicki is known for teaching mindful practices in her classroom, empowering students to speak their truth, and bringing out the best in students by teaching them 7 Essential Tools

for success in life, as shared during her LIVE online event with Hay House (***Ignite the Light: Creating Strong Foundations for Children & Adults***). She works with both children and adults to educate, enlighten, and empower them to be their absolute best. Vicki has presented countless staff development workshops where she combines her eclectic classroom teaching experience and coaching practices to empower teachers to be their absolute best and therefore inspire their students to do the same. To learn more about Vicki and the work that she does to empower children & adults, please visit www.vickisavini.com

Michael Eisen is an inspirational speaker, author and the founder of the Youth Wellness Network (YWN), an organization dedicated to inspiring and empowering youth, and all those in the lives of youth, across the globe to live happier and more positive lives. After positively transforming his own life at the age of 19, Michael is now on a lifelong crusade to share with other young people the principles, strategies, and practices that gave him the strength to start living a more joyful and healthier life. His experience working and speaking to thousands of youth, teachers, and parents every year has given him an in-depth understanding of their challenges and behaviours. He contributes a fresh, young, authentic voice to the field of wellness, and is rapidly becoming a youth-wellness expert. Michael's first book, [Empowered YOUTH: A Father and Son's Journey to Conscious Living](#), co-authored with his father Jeffrey Eisen, will be released October 1, 2012 with Hay House. To learn more about Michael and the Youth Wellness Network, visit www.youthwellnessnetwork.ca.