

# Free Workshop for Kids, Teens and Adults



Do you want your kids to learn how to effectively manage stress, stand up to peer-pressure, nurture their creativity, build emotional resilience, and feel empowered? *Insight for Life for Kids and Teens* is a powerful course created to help them discover their unique talents; acquired valuable tools and techniques that prepare them for success at school and in life.



## Unlock and Activate Your Potential

Wednesday, October 18, 2023 6:30pm - 7:30pm

In this workshop, you will receive tools how to activate your potential, how to replace judgment with wisdom and enhance your Emotional Intelligence. Join me along with your kids ages 7 and up to learn straightforward techniques that can be applied in your daily lives. An hour of fun exercises and surprises.

Registration and workshop held at the Surfside Community Center.



Beata



For more information contact Beata at: [beata2bnow@gmail.com](mailto:beata2bnow@gmail.com) #305-498-3456 [www.beata.life](http://www.beata.life)