

Dear Friend of our Young People:

Please allow me to introduce you to an exciting new program called Tools for Teens™. The purpose of this Course is to affirm the integrity of the individual while teaching important life skills. Some of the themes that run throughout this program are: 1) learning how to be a responsible choice maker, 2) learning how to tune in to your own inner wisdom, 3) learning how to process emotions in a healthy manner, 4) learning how desires can act as guideposts along the way. Included in the material are experiential exercises which bring these concepts to life while providing an enjoyable learning environment in the process.

Of course, these skills can be used/learned by people of all ages, from the very young to the very old. That is why we have included a Tools for Tots section in this 125-page notebook. What better way to start out life than by learning important skills that help navigate the challenges of daily living? It has been our experience that parents of young children welcome the material in this section.

Flexibility has been an important component in the structure of this program. While the Course itself is set up in a five-session format, we encourage you to draw from it and use it in whatever way seems best. You may want to add parts of it to what you are already doing. Perhaps you will choose to pull out specific segments and put together a session of your own. How you use the material is entirely up to you.

The concepts presented here are "tried and true." We know they work. We know they make a difference. We invite you to add the life skills in Tools for Teens™ to your repertoire. They truly are a must for people on the growing edge.

Sincerely,

Donna Miesbach