
ANGELIC RAINBOW ENTERPRISES

ARE provides many workshops for the social/psychological development of youth. Founder Cicely Majeed designs all workshops and enlists volunteers to facilitate them.



These workshops are designed to cater to the personal development of youth. Youth are at a stage in their lives where they are impressionable, targeted for negative influences, pressured by peers, and plagued with self-doubt and low self-worth. These workshops will provide the tools for all youth to gain a better sense of self and develop confidence and courage to be themselves and work towards their life goals.

Our current list of workshops includes:

Self-Esteem for boys/girls

Conflict Resolution

Vision Boards

Teen Masterminds

Life Planning

Job & Career Readiness/Job Development

Money Smart

Start Your Own Business

Cyber Safety

Etiquette 101

Core Rules for Netiquette

Social Graces/Friendship Club

High School Portfolio Kit

Personality and Self Characteristics

Leadership Team

Financial Aid/Scholarships

Brain Spa/Brain Training

Angelic Rainbow Enterprises

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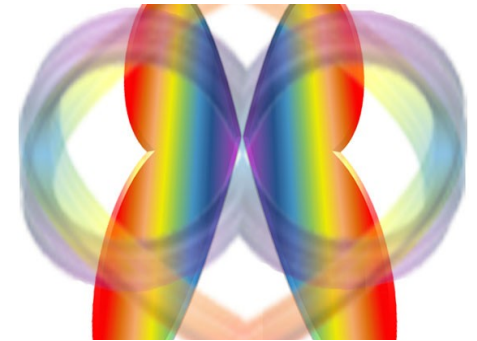
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WORK IT OUT WORKSHOPS

Angelic Rainbow Enterprises



Spread Ur Wings & Fly!

Tel: 323-342-7907



WORKSHOP DESCRIPTIONS

Self-Esteem for boys/girls

For boys ages 12-19 “Prince of Peace” Self-Esteem Workshop—This workshop encourages young boys and teen boys to have a healthy dose of self-esteem by learning to celebrate themselves. Activities include: Receive your own crown, create a self-map, decorate a picture frame, design a name bracelet, and participate in a positive self-talk skit. Goodie bag and certificate of completion will be issued at the end of this workshop.

For girls ages 12-19 “Pretti Enuff” Self Esteem Workshop—This workshop encourages young girls and teen girls to have a healthy dose of self-esteem by learning to celebrate themselves and realizing that they are and always will be pretty enough. Activities include: Receive your own tiara, create a self-map, decorate your own picture frame, design a name bracelet, and participate in a self-talk skit. Goodie bag and certificate of completion will be issued at the end of this workshop.

For kids ages 5-11 “All About Me “ Workshop—same as above.

Conflict Resolution

For youth ages 10-24: This workshop is for youth that are having trouble getting along with others whether it is someone they work with, a friend, neighbor, family member, significant other, or a difficult person in their lives. Conflict is normal and a part of every day life, therefore, all youth are encouraged to attend this workshop so they will be prepared whenever they face conflicts with others.



Vision Boards

For youth ages 7-24: This workshop will award youth an opportunity to visualize and create their future for clarity and to set healthy, attainable goals for their life. Activities include: creating your own Treasure Map and presenting it to all workshop attendees (optional).

Teen Masterminds

For youth ages 12-24: This workshop will award youth the opportunity to enhance their knowledge, collaborate with other youth, and share what they know to help others improve their lives. Youth will learn how to facilitate their own chat/forum sessions, nominate officers, create topics for discussion, and in general how to be leaders in their communities.

Life Planning

For youth ages 16-24: This workshop provides the tools for youth to set personal, career, education, relationship, financial, income, health & fitness, recreation, etc. goals to make sure they have a plan laid out for their lives. All participants will create their own Life Map to use as a guide as they grow and mature in life.

Job & Career Readiness/Job Development

For youth ages 14-24: This workshop will provide the tools for youth to learn how to create the career they want and create a plan to get the job they really want. Activities include: career planning, job skill development, mock interviews, networking, resume preparation, and a career assessment.

Cyber Safety

For youth ages 7-24: This workshop is critical for youth because they are the main consumers of electronics and the internet. This workshop will provide the tools to teach youth to make responsible choices online and take precautions against cyber predators and bullies, and the dangers of revealing too much personal information.

Etiquette 101

For youth ages 10-24: This workshop will provide the tools youth need to practice good manners, kindness, and polite, respectable behavior during all kinds of interactions with others. Good etiquette forms the basis for early confidence and self-esteem so youth will walk away feeling good about who they are and will work on their behavior and attitude towards others. Activities include: social skills lessons, acts of kindness, behavior control, dining out skits, courteousness, respect and more.

Social Graces/Friendship Club

For youth ages 7-19: This workshop is for youth to learn the basics about being a good friend and interacting on a positive level with others. Activities include: friendship games, getting to know you interviews, and youth will have the opportunity to create their own friendship club or join the C2W Friendship Club.



High School Portfolio Kit

For youth in 7th-12th grade: This workshop is for middle school and high school students interested in organizing their achievements, extra-curricular activities, and academic progress to present to college admissions officials. Activities include; tools for designing a portfolio, checklists, planning sheets, college prep information, and applying to colleges.

Personality & Self Characteristics

For youth ages 13-24: This workshop is for youth to learn about their personalities and how they relate to others. Activities include: learning about strengths and limitations, communication skills, introversion versus extroversion, what makes you tick, and astrological sign positives and negatives.

Leadership Team

For youth ages 10-24: This workshop is for youth with leadership personalities or for those that are interested in being leaders. Youth will learn how to be examples and role models for their peers, how to improve confidence, how to be volunteers, responsibility, and mature behavior. Youth will have the opportunity to form their own positive clubs in their schools or communities.

Note: For youth that are interested in leading their own mastermind groups, it is important that you attend this workshop first.

Financial Aid/Scholarships

For youth in grades 7-12: This workshop will assist youth in applying for financial aid and scholarships. Youth will learn how to be prepared way in advance before they fill out forms and you will also receive an abundance of information about where to apply, how much to apply for and get college resources.

Brain Spa/Brain Training

For youth ages 10-24: This workshop will reach youth how to utilize more than the typical 10-15% of the brain that most of us use. Our CEO's T.H.I.N.K. curriculum will be a part of this workshop along with brain workouts and exercises to stimulate different areas of the brain. Youth will learn the positive effects that meditation has on the brain, what to eat and what to avoid to stay in tip top shape neurologically. Activities include: Training to help with memory, logic, language and perception.

Money Smart

For youth ages 10-24: This workshop will help youth manage their money early so they can become good stewards of their finances and become savvy at saving, spending and investing. Activities include: creating a budget, learning the concept of credit, saving, and participating in a fake store shopping/budgeting event, which will award one winner a prize for their spending conscientiousness.

Start Your Own Business

For youth ages 13-24: This workshop is for youth that would like to be their own boss some day. Tools will be provided to help youth learn to research their target market for their business and start the process in planning and building their own dream business. Activities include: filling out a personal business profile, entrepreneurship readiness questionnaire, the elements of a business plan, business development, loans and financing, incorporations, etc.



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