



KNOW OBSTACLES - KNOW FREEDOM

Personal Development Program
Ages 13-16

JULY 4th-6th @ Univ.of Cyprus

WHY IT MATTERS

Obstacles will always be part of the way. Wouldn't it be great if we could use them to get to where we want in a more efficient way? What if we could actually enjoy the path too?

Parkour - which means "the way through" "the path" is a sport about overcoming obstacles through natural movements and techniques, using the abilities of the body.

In a much similar way, a positive mindset helps us recognize obstacles and become creative in overcoming them using the unlimited abilities of the mind.

Getting creative and confident in our skills requires training and practice. The program is designed to support young people become self-aware about their internal obstacles and give them tools and techniques to improve their mental fitness. Our learning by doing approach encourages them to find what works best for them, practise it, reflect on it and improve it.

WHO IS IT FOR?

Students, ages 13-16, who would like to:

- practise and apply a growth mindset approach to everyday challenges
- regulate their thoughts and emotions in ways that support their goals
- have fun and enjoy a Parkour experience at REDPOINT training center.

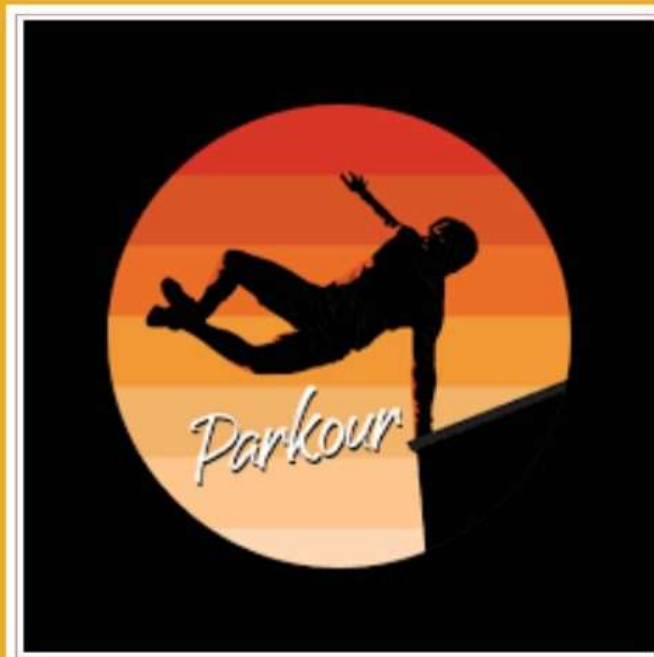
What does it take?

- Commitment to self
- Willingness to move out of your comfort zone and try new things
- Respect and kindness towards others
- Passion to be YOU

PROGRAM TAKEAWAYS

This program will help you:

- gain more self-awareness
- identify self-saboteurs
- gain understanding in the process of how your thoughts and emotions influence your actions
- learn tools that you can use to reframe your thoughts and regulate your emotions
- set SUMMER goals and achieve them
- overcome obstacle and learn from your mistakes
- develop a personal compass that will help you move forward in any direction you like



The Journey

The program includes 18 hours of training over 3 days at the **University of Cyprus** main Campus in Aglantzia and a parkour experience at **Redpoint Fitness Centre** in Kaimakli. We use innovative tools from entrepreneurship and coaching, without compromising fun and interaction with the participants. We work with small groups of students and we accommodate both Greek and English speakers (materials are in English, presentation can be in Greek or English, depending on preference of participants)

The program will run from 10am to 4pm. On the day of the parkour experience we will finish at 7:30pm. The value of the program is €150 and includes: light lunch & snacks, transportation from the UCy to Redpoint and complementary morning sessions from 8:00 to 10:00 am.

PROGRAM OUTLINE

- introduction & teambuilding
- identify internal saboteurs: pleaser, critic, victim, restless, hyper achiever, hyper-rational, controller, procrastinator
- win the inner game
- personal leadership
- communication & collaboration
- values, priorities, goals, action
- parkour experience

The program is designed to give students tools and frames that they can apply through case studies and teamwork in order to experience the learnings.



The Trainers

Elena Michael and Elena Constantinou, are moms who share passion, vision and common interests, as well as similar paths: English School graduates, Fulbright scholars with studies and work in the USA.

Elena Michael, had a long career in financial services, business consulting and lending, before she stepped into entrepreneurship. She served for four years as a Programs Coordinator at Junior Achievement, promoting entrepreneurship, financial literacy and workplace skills. Since 2018 she works as a professional coach and is the founder of Evolving Minds and Youngstarcyprus.



Elena Michael



Elena Constantinou

Elena Constantinou has studied and worked in the USA and UK and worked for many years in corporate setups. When she is not working as an Insolvency Practitioner and a Business Development Consultant, she teaches Entrepreneurship and Negotiations at the University of Cyprus, and coaches students applying to US Universities. She has a passion for music, dance and authentic experiences.

As entrepreneurs, coaches and mentors they enjoy working with young people and companies that would like to grow. As moms they learn a lot from their children and the young people around them.