



“Crown Me” Workshop Series

Self-Esteem Boosting, Dream Detailing, and Confidence Enhancement

Duchess/Duke (Elementary Level: 3-5) | **Princess/Prince** (Middle/High: 6-12)

Queen/King (Post-Grad/Collegiate: 18-24) | **Empress/Emperor** (Adults/Parents)

Fill Me Up: This workshop is designed to assess what you emotionally need, want, and already have in life. Through a hands on activity, the workshop is designed for participants to openly discuss their emotional desires at the family, friendship, career, educational, and relationship level. This allows participants to share their experience and give each other advice on certain subjects.

Lessons Learned: Collaboration; Sharing Experiences; Support Group

Level: Princess/Prince; Queen/King; Empress/Emperor

Plot Twist: This workshop is designed to show you how to deal with the curveballs that life throws you. Through an individual activity, the workshop assesses how participants will deal with a given selection and then how they will use what they have to assist others around them.

Lessons Learned: Crisis Management; Real Life Lesson; Literacy Enhancement; Group Think

Level: Duke/Duchess, Prince/Princess, King/Queen

Fashionable & Fit: This workshop is designed as an open forum for the discussion of fashion trends, beauty, health, and grooming. All of these aspects are important to overall self-esteem and a positive lifestyle.

Lessons Learned: Lifestyle change; Health and Fitness; Confidence in Style; Creativity

Level: Duke/Duchess (*modified*), Prince/Princess, King/Queen

Hashtag Heaven: This workshop focuses on social media and people skills. More people are taking to the internet, having less time to talk face to face with someone. This workshop is designed to assess participants' real life experiences and thoughts of social media experiences and will also expand their people skills.

Lessons Learned: Interpersonal Skills; Social Media Etiquette

Level: Prince/Princess, King/Queen, Emperor/Empress

Day Dreamin': This workshop is designed to assist attendees with expanding their thoughts and helping make their career dreams become more of a reality. Participants will complete a career pathway dream board and will also get to have a Q&A with individuals in various careers.

Lessons Learned: Goal Setting; Interview Skills; Career Preparation; Educational Enhancement

Level: Duke/Duchess, Prince/Princess, King/Queen (*modified*)