

Ben Speaks

# POWER OF CHOICE PRESENTATION

FOR MIDDLE AND HIGH SCHOOL  
STUDENTS, ADMINISTRATORS,  
PARENT & TEACHER GROUPS  
AND COMMUNITIES.



## Empowering Teens

### Situation Overview

Our teens are being pressured and influenced every day—especially now with the growing opioid epidemic, social bullying, suicide and on-going academic pressures. Combine these pressures with anxiety, depression, ADHD or other mental challenges, and it can be a recipe for disaster. Administrators, counselors and health care providers have their hands full supporting our teens. What can we do? We need to educate our teens how to be self-resilient in this quiet storm that is taking over our communities, homes and workplaces. Ben Speaks' Power of Choice Presentation delivered by President and Founder, Judy Giovangelo empowers teens to take 100% responsibility for their lives, become more compassionate, express gratitude and respect themselves and others . . . making strides for a kinder world.

Education combined with awareness creates change. Our Power of Choice Presentation brings a message of hope, positive psychology and tools to reduce stress and grow emotional resiliency. Judy is a voice for change, addressing the challenges that adolescences face in our society today. She shares insight on how to embrace change through mindfulness for a healthy body and mind.

#### Students learn the power of:

- Thought
- Gratitude
- Affirmations
- Forgiveness

Providing tools to build self-esteem and become emotionally resilient will enable students to take a new approach to supporting each other and their community with intentions and actions.



*Power of Choice presentation  
for community groups*



**Judy Giovangelo** is a teacher and award-winning presenter. She is certified yoga and meditation instructor, Reiki master, sound and intuitive healer, hypnotherapist and spiritual counselor. She is the owner of the GROW YOU Healing & Art Center and President and Founder of the local nonprofit, Ben Speaks. Her personal mission is to help sensitive, intuitive people permanently remove the blocks that stand in the way of their dreams by providing an inside-out approach to wellness.





# POWER OF CHOICE PRESENTATION

We are reaching the hearts and minds of teens and adolescents to help them access powerful messages and distinctions for change.

Students will experience how to:

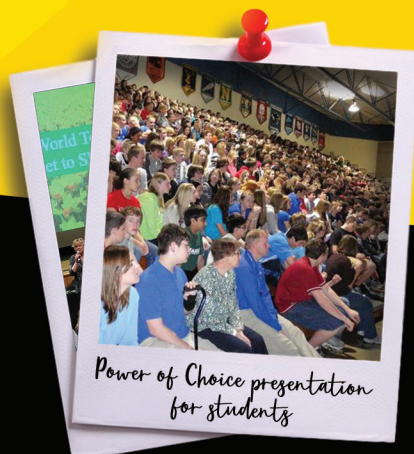
- **Become aware:** We all want to be loved and accepted for who we are.
- **Think above the line:** Are you a victim or a powerful creator?
- **Create a collaborative community** where we all shine.
- **Access your desired outcome:** Thoughts, words, feelings and actions become your destiny.
- **Use the power of visualization and affirmations** to direct your energy towards your goals.
- **Find positive ways** to channel negative emotions.
- **Practice gratitude every day** and listen with your heart.
- **Learn mindfulness** to bring balance into your life.

**The Power of Choice Presentation** delivers powerful, experiential exercises through kinesiology and guided imagery to affirm the power of our thoughts, words, feelings and actions. Students will set intentions with our Hands and Feet exercise to put thoughts into actions. **The Ben Speaks Pledge** reflects our deepest core values and messages. This pledge has already impacted thousands of middle and high school students across the United States. Finally, students leave the presentation with a very powerful tool: a **Mindful Medallion**—a tangible token for remembering that we can each **choose** our own path.

Ben Speaks empowers youth, families and communities by providing tools to help them develop and evolve. Through powerful messages and resources we can create a world where all people—especially our children—can access their innate gifts and become powerful creators who fulfill their own destiny.

**Together we can create a world where we all shine!**

Standing ovations from schools and community groups are a clear indicator that our message is reaching youth and families. Judy was honored with the Be the Change Award at the 9th Annual Massachusetts Women's Conference, A Hero Among Us Award from the Boston Celtics, nominated for the 2017 MetroWest ATHENA Leadership Award and recipient of a Myra Kraft Community MVP award from the New England Patriots Charitable Foundation.



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