

BE THE BOSS OF YOUR THOUGHTS

Empowering children with social, emotional and character development skills so they can feel and do their best today and always.



TOPICS

- Resilience
- Self-Esteem
- Empathy
- Mindfulness / Self-Regulation
- Healthy Relationship Skills / Conflict Resolution
- Positive Self-talk / Mindset Skills
- Community Engagement
- Leadership

BENEFITS

- **Children** – toolbox empowering them to confidently navigate life's ups and downs, make a positive impact in their community and thrive in today's complex world.
- **Educators** – whole-child approach developing children who feel good on the inside and better prepared and able to do well on the outside.
- **Parents/Caregivers** – consistent language and resources to reinforce the lessons learned for sustained and long-lasting benefits.

RESEARCH

- Our mindset and internal state guide our social skills, self-regulation abilities, executive function, and perseverance. (University of Chicago's Consortium for School Research)
- U.S. economic success and productivity depend on employees with both cognitive and social and emotional skills. (Heckman, J. J.)
- Click [**here**](#) for additional supporting research.

The Adventures of Ooga and Zeeta

The 12 Cs: Life Tools to Thrive



Written by
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A Fun
Workbook
for Parents
& Children!

Book

Workshops

Assemblies

Author Visits

