

You Can Be the Difference!

A Presentation by Steve Pederson

Overview: This program helps students discover and nurture the inner qualities they possess to make and be a difference.

The students of today will be the adult leaders of tomorrow. Effective leadership takes Compassion, Confidence and Creativity. Where are students learning these qualities? It doesn't take too long to realize that we could use more of these qualities amongst today's youth.

We have an opportunity

When I talk to students, regardless of their background, there is one common thread – students struggle with their self-confidence and self-belief. They are quick to find something wrong with themselves. They are very hard on themselves, and not in a good way. They often have difficulty believing that anything good or positive can come from them.

What's more, they are under tremendous pressure from parents, peers and at school.

This can lead to anxiety, overwhelm, depression, acting out, dangerous behaviors and suicidal thoughts and actions.

That is why I tell students, "you can be the difference!" In fact, through our time of discovery together, I help students to take ownership of their personal power and develop the confidence to say that, not only can they make a difference or be the difference, but that they **are** the difference! That's self-esteem on a whole different level!

Stories

I tell students about the struggles I faced as I share with them appropriate excerpts from my journal as a teenager. Through this vulnerable sharing, students quickly realize that I can relate. As a result, their guard comes down and they engage.

Lessons

One of the main lessons I help students discover is the power of the phrase, "I am..." How we finish that phrase indicates what we believe about ourselves, and determines the outcomes of our lives.

I teach students how they can be the difference for themselves and others by affirming their positive qualities on a daily basis.

I also teach students how having compassion on themselves and others is the key to creating a positive culture that supports making positive life decisions.

Visit StevePederson.com or call (773) 590-4577 for more information.

Activities

I engage the students with an affirmation exercise that has them sharing positive affirmations to one another, about one another. Participants are always blown away by how this exercise makes them feel amazing about themselves and their capabilities.

Songs

One of the most engaging and fun aspects of our time together is the music. I perform, and get the students participating in, my original positive-message songs.

Takeaways

Students come away from our time together moved and inspired. There are tears, “a-ha” moments, laughs and decisions made. Mostly, the students discover a new empowering view of themselves that they can take into their daily lives.

Students will discover how to own their personal power, how to get themselves in a positive mental and emotional state that will enable them to make better decisions and how to take the action necessary to create a positive culture in their lives, homes, schools and communities.

Students are also given access to my songs which they can use as a constant source of inspiration.

Topics

This presentation is perfect for, and can be customized for, schools looking for a speaker to talk about Empowerment, Positivity, Leadership, Smart Choices, Anti-Bullying, Drug and Alcohol Prevention, Suicide Prevention, Mental & Emotional Health, Anxiety, Depression, Overcoming Adversity, Character Development and building self-esteem.

Further Training

Steve is available for workshops, training and coaching.

Was this helpful? If you have further questions,
Please feel free to contact me...