

FINDING THE LEADER WITHIN

WITH JONAS FALLE & JEANETTE O'KEEFFE

Through the powerful medium of music, multi-media and the sharing of true personal stories, 'Finding The Leader Within' goes in depth with students grades 3 through 12 on how to lead confident, positive and happy lives. The facilitators (Jonas Falle and Jeanette O'Keeffe) share strategies and perspectives with students on how to define their life's purpose and make it through some of life's most common challenges. They integrate the messages of kindness, social responsibility, integrity, compassion, forgiveness, acceptance, gratitude and empowerment. They discuss how powerful each persons' words and actions are and how their individual choices can affect themselves, each other and the world around us.



Presentation Topics and Content:

- **Kindness to ourselves:**
 - Defining your 'Core Beliefs' (what you believe is true about yourself) and how those beliefs effect your entire life
 - The power of staying true to yourself and how to set healthy personal boundaries.
 - The importance of being open to 'receiving', as well as giving
 - The difference between 'doing your best' and 'perfection'
 - How to break the cycle of being a 'victim'. Learning not to take things personally and tapping into your personal power
 - Understanding your emotions. How to process anger and express yourself in a healthy way
 - How to start defining your life's purpose.
- **Kindness to others:**
 - The power of our words & actions, and how they can effect others (both positively and negatively).
 - The importance of not being a 'bystander'. We impart on the students that they have the power within them to help positively effect the outcome of any situation. It can often be one act of personal power, compassion towards another (including towards the bullies) that can create a positive outcome
 - The dangers of making assumptions and judgments
 - Exploring the root causes of bullying and discussing some common reasons why people bully in the first place
 - We discuss the various forms of bullying such as racism, exclusion, manipulation, cyber bullying and passive bullying.
- **General**
 - The power of forgiveness to ourselves and others
 - The power of Gratitude
 - Solutions and resources for both bullies and victims

About Jonas & Jeanette:

Jeanette O'Keeffe & Jonas Falle reside in South Surrey, BC. They are parents to three adult daughters ages 20, 22 and 25. In addition to being the creators of the bullying prevention and youth empowerment stage production 'Kindness ROCKS', they are also Inspirational Speakers, Song-writers, Producers and Professional Entertainers. Their vision and purpose is to connect with, and help people on a global scale and to contribute to our world in a positive way through the powerful influence of music and creativity.

For bookings and more information please contact:

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