

Disco



covering teens



Dealing with the teenage years can be trying, not just for adults but particularly for teens themselves.

We take a look at one approach to helping teens integrate into happier, healthier and more productive versions of themselves.

An inner journey unlocks personal dreams and passions, and can lead to lasting joy. This is a general truism, but one that may sometimes be difficult to inculcate into the minds of rebellious, or maybe just confused, teens.

Given that among big problems faced by many teens is about who they are, where they fit into the scheme of life and what they are going to do with their lives, sensitive guidance can be of enormous benefit for a troubled youngster trying to figure out where to stand amid the rapid changes and intensifying demands of modern life.

Career guidance or counselling is a lifelong process, but starting as young as possible is frequently a good idea - especially if the teens one is working with are struggling to find themselves and their place. The best option, usually, is to give teenagers the tools to adapt to any future changes by following this master plan to stay on track and to create the life we all dream about.

We send our children to school and further higher education because we want them to be happy and successful, but by now everybody knows that our outer world is just an expression of our inner world. Only some children are raised by enlightened parents, school teachers or great friends who see them for whom they really are, so most of us are victims of garbage programming that focuses on and reaffirms our shortcomings and limiting beliefs. Consequently, we hardly ever excel to the level of complete acknowledgement, acceptance and unconditional love of the self. Our minds can only think, our eyes can only see and our ears can only hear from within our existing framework. So a program or something similar designed to expand self-awareness in teens is an excellent notion in principal.

Easily said but not necessarily easily done. Partly this is because we are all programmed to think that we need more on our life journey than what we received at birth and what we already have within us.

It is also difficult to choose a career if you don't know who you are and what there is to choose from. As parents we easily spend money on expensive brand names to change our teen's outer appearance, but seldom get the chance to invest in their inner worth and understanding, with this process the change is lasting and rewarding and has an enormous success return period.

Eleanor Roosevelt (born 11 October, 1884) said: "No one can make you feel inferior without your consent"

'If you love what you do, you are living your passion. Life is not about suffering it is about discovering, learning and remembering.'

One approach being used currently in South Africa is a



structured method to help teens understand themselves, and their context, at a much deeper level. Called Career Wizz, these programs have been uniquely designed to take teenagers between the ages of 13 to 19 on a voyage of self-discovery and an exploration of dreams, passions and strengths to create a rich, happy and successful life.

It uses parts of psychological tests to determine interests, values, talents, personality traits, that has been tested over many years by a professor in career psychology. The same questions address the same issues

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in various ways.

Fun activities are done to stimulate the mind and open it for the for the process. Teens complete a workbook in their own time at home. A one-day group workshop is done at a venue or at a school, on a Saturday from 10am till 5pm. During this workshop teenagers are guided to find their true passion and dreams (not the dreams and aspirations of their parents, grandparents, etc) from the tests and activities they have completed.

A private personal feedback is also given during the day. Possible careers are chosen, understand and gather information about these careers. A goal program is then done and personal mission statements are formed to put the careers in perspective and make it into an achievable task.

This is a state-of-the-art program and is also available on a one on one basis and will soon be available online.

Other Career Wizz Programs available include one on careers, entitled Teenage Mastery of Inner Worx - Psychological and Emotional Wellbeing. In this program teens are taught to come to terms with their shadow self, lack of self-worth/self-love, seemingly limitations, body, emotions and feelings, as well as relationships with truth, parents, friends, boyfriend/girlfriend and addictions. They cover some of the most important choices they will ever make in life in the process.

Another program is entitled Teenage Quantum Jumping in which teens are encouraged to 'take the quantum jump for success consciousness'. They are taught how to change their minds and reshape their lives. In doing so, they have the chance to obtain the keys to unlock their minds' full potential and work on limiting beliefs, self-sabotaging behaviours and negative habits. This course is described as 'gearing up for wealth and overall success in life'.

On a similar theme is a program to 'master your mind and rewire a financial inner blue print to create a life of abundance'.

All these programs are based on the latest psychological, emotional and mental research methods. □

For more info see ad below.



Career Wizz®

Online Career Wizz is the perfect place for you to discover the real inner you. It's not just a course, but a self discovery system that provides great features, content and exercises. Best of all it's online - making it more accessible and easier for everyone.

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