

StressLess with Anti-Bullying is a Simplistic Program

and it facilitates several school objectives all in one consultation:

School Improvement

Character Building

Positive Socialization

Leadership Building

Cuts Name Calling

Reduces Bullying & Exclusion
Significantly

Additional Seminars, Retreats and Assemblies

- ADHD in the Classroom for parents or Teachers
- Abstinence program
- Team Building Retreats for Schools, Sports Teams & Youth Groups
- Teaching or Parenting Difficult Children
- Alternatives to Medication for Mental Health
- High School to College Transitions
- Flying Students under the Bully Radar

More at Topics at StressLessSeries.com

Booking and Pricing

Please give us a call for pricing. The cost varies based upon the format, travel, and the amount of time needed to accomplish your goals. Some schools may not budget for a consultation of this type and often PTA groups help to raise the funds to make this possible.

Student Testimonials

"I learned a lot today. We can make up our mistakes. We can fix it."

"I felt good today. He was a great teacher. I like Mr. Jim West."

"You taught us to build people's trust and not to break people's trust and make it interesting... this will be very important information for the rest of my life."

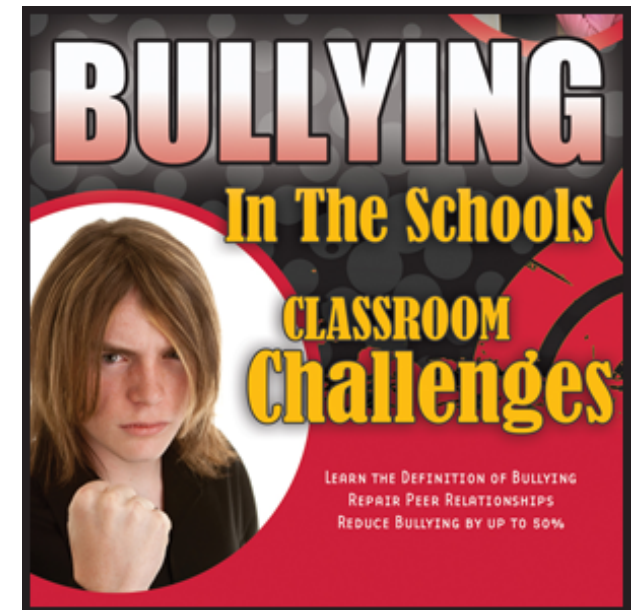


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StressLess Anti-Bullying Program

Schools report a 50% drop in discipline problems and report the plan is so simple!



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Building Positive Peer Pressure & Repairing Trust

This Anti-Bullying program is now used in Elementary/Secondary Schools, and Youth Groups, across the country and is reducing discipline problems by up to 50 percent, reducing the need for after school detention programs, and is giving students the emotional security to participate more fully in the learning process.



Instant Results: Faculty at each school that participates in this consult is amazed at the quick turn around in the classroom usually within a week!

Assimilation of new students: Students report “everyone in the class is talking to everyone” by simply teaching students how to greet each other and requiring them to greet each class member by the end of each week.

Inclusion: New kids in a classroom noted “I made new friends in the first week, by finding things in common!”

Interactive: Each session with the students involves a “**team building**” activity to illustrate points throughout the consultation. Teachers report “not only did the students benefit from the simple 3 step conflict resolution plan, but **we are using it to work out our differences.**”

School Testimonial

“We are having a great year with our 5th & 6th graders... I have observed several instances when teachers have helped students settle issues using the techniques learned through your workshops. The retreat at the beginning of the year was a great beginning and the whole year seems to be continuing along very well.”

Mary Anne-Assoc. Dir.-Lake Highland Preparatory School

What to Expect - 3 Steps

Week 1 - Build Up is an interactive, humorous assembly where the students will build each other up for 15 minutes straight! Then they will start their day each week building each other up!



- **Starting the day on the right foot:** Students state, “we have fun and are eager for each session with Mr. West.” Jim teaches students how to affirm each other in a safe way by starting the day with a smile, handshake, and greeting 4 different classmates each day.

Week 2 - Rebuild with AMC | Sick of Sorry Sorry means “I feel for you,” so why make someone say they feel bad if they do not? Instead how about an apology? (Continued)

- An **Apology** is to take responsibility.
- Trust is the glue in relationships and everything we do build or breaks Trust! So if we break trust we can fix it or Make it Up!



- **Make it Up!** So to Rebuild Trust we do more than we did to lose the trust. Say 4 nice things or Carry their Backpack for the Day!
- **Chore or Consequence** - If I break trust again I can Apologize, Make it Up and do an extra Chore for that person the next time to assure them it will not happen again

Week 3 - Repairing Past Hurts The students will feel safe to go to those they have hurt or those that have hurt them to repair the past hurts! (see picture below)

