



BACK GROUNDER

Imagine Yourself... Energy Management for Kids

Helping kids learn key skills for life!

At Resiliency for Life it is our belief that to live life at it's fullest and gain our share of success life favours the prepared mind. To that end we have developed this set of audio programs (and web support materials) to assist children (and adults) learn that is possible to gain added mastery over their lives through energy management. Learning how to gain a sense of inner calm and grow our mindfulness helps us all weather and succeed despite the frantic pace of life many of us now experience.

We live in an age of increasing complexity. One with less forgiveness than many of us has ever known. One with increasing opportunities if we are prepared. To fully live our lives regardless of our age, intelligence, income, race, nationality or faith we all need to gain more awareness and skills. More, than at any time in the world's history. Plus we need to do this at younger and younger age. Where to start? What to do, first?

Introducing the concept of personal energy management to kids is easier than most adults think. After all adults are constantly telling kids to calm down, slow down, hurry up and be quiet to name a few of the various energy states we want them to perform. However it's easy to say but the average kid is not given many insights into exactly how to do attain these states. That is where this program comes into play. This program helps kids build skills to work towards starting to gain some mastery over their energy.

In our Imagine Yourself Energy Management for Kids program we have four ~ thirty minute audio programs that guide children (and adults) into gaining some awareness and master over their energy to assist them gain a sense of inner calm. To us at RFL a key skill set sadly lacking and undervalued in many cultures. Many pay lip service to it yet when pressed on how to achieve it most adults don't have many solid solutions.



BACK GROUNDER... CONTINUED

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Parents who have used the program tell us they are amazed that after only a few practice sessions with their kids how many of them learn how to use the program making bed time a much easier time. One of the parents with two ADHD children (see attached letters) told us that her kids only complaint was that they'd never ever heard the end of any of the programs cause Mom we fall asleep every time! The mother was quite pleased. A well-rested child is a child that is generally easier to parent, teach or play with making for calmer family lives and classrooms.

So, have fun with our Imagine Yourself. Make it your own. We have.

Copies will be available to purchased at:
<http://www.resiliencyforlife.com/OnlineStore>
mid December 2007.

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Michael Ballard is available for media interviews.

About Resiliency for Life (RFL) and Michael H. Ballard

Resiliency for Life is dedicated to assist children; youth and adults learn how to enhance the quality of their life by developing a more resilient life style. The organization consults with government, corporate, education, not-for-profit and health care clients interested in building resilient individuals, organizations and communities. Michael has been a keen promoter of resiliency for more than 18 years. This is in part due to the lessons he learned during his seven year journey through two major illnesses. This taught him that there is another route to take in life.

Michael has shared the platform with such notables as Dr. Robert Buchman – oncologist, author and speaker, Ken Blanchard, author of The One Minute Manager and Dr. Wayne Hammond of the Resiliency Canada. His speaking engagements have seen him be the guest lecturer at IBM Canada, Patient Education Night, at Mount Sinai Hospital, Friday at four lecture series at the Dalhousie University Medical Faculty, and recently with the Government of Singapore.