



For Immediate Release

IMAGINE YOURSELF... ENERGY MANAGEMENT FOR KIDS

Helping kids learn key skills for life!

At Resiliency for Life it is our belief that to gain our share of success life favours the prepared mind. To that end we developed the **Imagine Yourself** programs to assist children (parents, teachers and all adults) learn that is possible to gain added mastery over their inner world through learning some key skills.

Introducing personal **Energy Management** to kids and adults is easier than most people think. After all **adults are constantly telling kids to calm down, slow down, hurry up and be quite** to name but a few of the various energy states we want them to be in. Yet how are they supposed to achieve that? The average kid is not given many insights into exactly how to do attain these states. That is where our program comes into play. This program helps kids and adults first grow their awareness of different states of energy we all have in the course of living. Then, create some common understanding through shared language, images and skills to work towards starting to manage and master these states.

In our **Imagine Yourself... Energy Management for Kids** program the audio programs guide children (and adults) into gaining some awareness and master over their thoughts and feelings to assist them **gain a sense of inner calm**. At RFL we believe that is a vital skill set so sadly undervalued in today's culture. Many pay lip service to it yet when pressed on how to achieve it most adults don't have many solid solutions. It's hard to connect with an unsettled mind.

Parents who have used the program tell us they are amazed that after only a few sessions with their kids how many of them learn how to use the program making bed time so much easier for both the parent and the child. One of parents with two ADHD children 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 of these two very busy children was very very pleased. A well-rested child is generally easier to parent, teach and live with making for calmer family life, classroom or medical situation.

So, have fun with our Imagine Yourself. After all these lessons for life are helping children create Resiliency for Life!

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