

# 1-2-3 Wellness™

## Menu of Customizable Opportunities for Schools and Organizations



### Workshop and Coaching Opportunities\*

Powerful workshops are available as individual sessions or via a series of opportunities.

Self-care & Well-being Toolkit	Bring Social & Emotional Learning to Life	Developing Healthy Thought Habits	Powerful Strengths-based Approaches
Process Stress in Healthy Ways	Mindfulness For Busy People	Priming Our Brains for Success	The Power of Emotions
Communication Toolkit	Trauma-Sensitive Approaches	Cultivating Self-Compassion & Self-Esteem	Empowering Youth to Take Responsibility for Behavior

### School-Wide or Organization-Wide Programs



**1-2-3 Wellness™**, our signature research-based program, brings well-being, SEL and relationship building to life for ALL.

The **Empowered Behavior™** program offers a simple, yet transformative approach to empower youth to take *responsibility* for their behavior.

**StrengthPowered Learning** empowers ALL stakeholders to harness their strengths, purpose & growth mindset to achieve goals.

\*Each opportunity includes a **Continued Learning and Growth Package** offering access to research-based e-workbooks and a one-year subscription to user-friendly, online video modules designed to propel your sustainable success. You're invited to contact us at [info@123wellness.org](mailto:info@123wellness.org) for more information about customized opportunities to help you thrive!