



# LUCENSCIA

Activate. Integrate. Illuminate.™

## An Interactive, One-Day Teen Retreat for Navigating High School and Beyond. Topics Explored Include:

- Emotional Intelligence
- Focused Attention (Secular Mindfulness)
- Compassion
- Connection
- Resilience

Lucenscia's (*pronounced loo-sense-see-ah*) program is designed to be a highly interactive and experiential personal leadership journey for teens to help cultivate life skills that enable success, resilience, connection - and even some fun - as they navigate the challenging terrain of high school and beyond. It will include an introduction to secular mindfulness and mindfulness meditation, as well as offer tips, tools and practices to enable well-being, healthy stress response and more balanced performance to support academic and life success. This experience is intended to offer a safe, open space for teens to learn, grow and connect.

### Part 1 - Morning: Wait, what? I thought IQ, not EQ, was all I needed!

- Introduction to the 4 key skills of Emotional Intelligence - what they are, why we need them and how they can help us through high school and beyond.
- Self-Awareness:  
The most important super skill of all EI skills
- Body Awareness & Decision-Making: Creating our own "body maps" to learn how to recognize when our body is telling us something important
- Secular Mindfulness: What it is and what it isn't
- The science behind EI, Mental Focus, Attention, Performance and Well-being

### Part 2 - Morning: Maximizing The Pause: Creating Healthy Stress Response & Growth Mindsets

- Amygdala Hijack: Conversations between the Amygdala & Pre-Frontal Cortex
- Cool Brain Science & Research Behind Stress - Why We React the Way We Do
- Growth Mindset and Changing The "Inner Critic"
- Blind Spots, Vulnerability & Gratitude
- R.A.I.N. Stress Response Technique
- Explore Personal Intentions, Purpose and Values to Help How We Show Up @ School, At Home and At Play

### Part 3 - Afternoon: Empathy, Compassion & Unconscious Bias: How We Cultivate Belonging & Unity for Ourselves & Others

- The Empathy-Sympathy-Compassion Connection
- More Brain Science: Word Labels & How They Impact How We See Ourselves & Others
- Unconscious Bias:  
What Is It & What Do I Do About It?
- Seeing Similarities & Offering Kindness: How We Can Fuel Understanding & Connection

### Part 4 - Afternoon: Navigating Difficult Conversations With Clarity, Wisdom & Compassion

- The Why & How of What We Do
- Achieving & Succeeding
- Preparing for and having difficult conversations
- Intention vs. Impact: How to Make Sure they Are the Same
- Empathy In Action: Leveraging Compassion for Self and Others When Things Are Tough

### Program Close: Integrate & Celebrate - Bringing it All Together

- Review of Integrated and Dedicated Practices For Your Toolkit
- Complete Your Written Personal Commitment Plan (Template Provided)
- Group Share and Discussion of Insights, Lessons Learned & Intentions Going Forward
- Connect with an "Accountability Buddy"
- Receive Certificates of Completion

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