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First 2015 Workshop - Saturday, January 24th, 2015 - Buena Park Library Auditorium

Upon arrival we ask the students to sign in and grab a half sheet of paper. It will ask to describe how they view themselves by using only 3 words. We give them some time to fill this out and ask they do it on their own to force them to think.

After we collect the sheets and randomly form groups (note the amount of group will depend on the members that attend) we will use this for the interactive event.

We begin with an open panel where we ask the students a question that forces them to think and voice out opinions; anybody can speak what they think about the topic.

The opening question will be: If we learn from our mistakes, why are we so afraid to make mistakes? Do they agree? Why or Why not? Is fear a big factor of our daily lives?

The purpose of this workshop is to boost the students self esteem, to remind that we are all humans with different and have strengths and weaknesses. To remind them that we do not have to be afraid and if we are it is okay. Thomas Edison the inventor of the light bulb created because he was afraid of the dark. If one person out the 8 billion in the world did this imagine what a room full of young students can do. Remind them that a big lifetime achievement is going to college; if the world only had 100 people only 7 would a college education.

The average life span of a person is 80 years = 29,220 days = 701,280 hours. A therapist requires 3,000 hours to be certified. When you do the math the amount it takes to get certified is very little with the amount of time you have left over. (0. 43%)

So mistakes do not last a long time, and you will remember them but the majority of your time should be used the way you want to use it. *Time is the most important gift you can give to anybody; because when you give your time, you are giving away a portion of your life that you will never get again.*

Now back to sheets for the group activity we formed random groups and assign a Rotaract member to interview them on an interview. We should see very similar words amongst the group which is normal but now we want to show them to stand out and to use better words then "hardworking" we want to expand their vocabulary and show them to pick words that allows them to stand out and describe their character. We talk about how sometimes companies do group interviews and select a few by observing us.

Closing quote: Men [and women]are not prisoners of fate but only prisoners of their own minds. Again open panel, do they agree? Why or Why not? What is fate? What does he mean "our own mind"?

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