



THE METAMORPHOSIS PROGRAM

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YOUTH TRANSFORMATION



“Adolescence is a new birth, for the higher and more completely human traits are now born.”

G. Stanley Hall



The Youth Metamorphosis Program

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1. Initial Assessment.

1.1 BCE Assessment.

As the core focus of the **Youth Metamorphosis Program** is centered around behavioral, cognitive, and emotional development, it is imperative that we assess the current status of each individual. This is by no means a pass-fail test, neither is it a tool for classification or judgement. But it will enable us to determine strengths, limitations, and potential weaknesses of each student.

If emotional regulation and responses are adrift, this can impact on the ability to trust authority, work as part of group, and more often than not, leads to disruptive behavioral patterns. Furthermore, as adult life is dependent on positive responses in these areas, improving on emotional intelligence in adolescence is fundamental to the process of transformation. Creating better coping mechanisms for challenges throughout development and adult life.

Our emotional assessments are designed in a way to not make students feel as though they are being tested. Instead, they are structured in a way that enables us to measure individual emotional status whilst educating individuals simultaneously.

From here, it's then all systems go as we fully embark on the **Youth Metamorphosis Program**.

"It takes courage to grow up and become who you truly are."

E.E. Cummings

"Emotional intelligence begins to develop in the earliest years. All the small exchanges children have with their parents, teachers, and others, carry emotional messages."

Daniel Goleman



“New findings on the social nature of the brain reveal the need for principals to fashion a school culture of warmth and trust.

Daniel Goleman



2. The Self Image.

2.1. Self-Identity.

Adolescence is a period of self-discovery and identity formation, when young people begin to establish a sense of who they are, what they believe in, and where they fit in the world. This makes adolescence a sensitive developmental window, characterized by significant opportunities as well as vulnerabilities. As a critical stage of development, building a powerful self-identity is essential for adolescents to establish a strong foundation for personal and social growth, which is in turn crucial for success and wellbeing.

"More than 75% of mental health problems occur before the age of 25. Young people can face difficulties as they cope with a combination of physical, emotional, and social changes, while also striving to maintain a balance between academic or work commitments and their social life."

Adolescents and young adults who lack a strong sense of identity tend to struggle with self-esteem and confidence, and may be more likely to engage in risky behaviors or experience mental health issues such as anxiety and depression. However, teenagers who have a strong sense of identity are more empowered to make stronger life decisions. This makes them likely to make healthy choices and have a positive outlook on life. They are also better-equipped to handle challenges, such as peer pressure and academic stress. This makes it essential for young people to develop a powerful identity in order to successfully navigate the changes taking place, and have a strong sense of self-worth, self-esteem, and self-awareness. This sets them up for future success, empowering them to become confident adults, because a clear identity makes people more resilient, reflective, and autonomous in the pursuit of important life decisions, while promoting a sense of competence.

The **Youth Metamorphosis Program** will guide students towards creating and nurturing a powerful self-identity that is congruent with being a strong individual, a positive outward-persona, and the tools to build a positive transformation from adolescence to adulthood.



3. Emotional Intelligence (EQ).

3.1. Emotions Just Happen – Don't They?

This section will delve deeper into the world of emotional intelligence and examine how it aligns with your world, character, outward projection, coping skills, relationships, trust, and more.

Most people incorrectly believe that emotions are something that just wave over them and there's nothing they can do to control the situation. But when we place the word *'intelligence'* after the word *'emotional'* this indicates that a cognitive process is now present potentially resulting in a different outcome. One can connect with happy and joyful emotions, disconnect from anger, frustration, hostility, depression, and anxiety (yes, these are emotions also). All too often we hear these last two expressed as mental health issues, but they are in fact linked to emotional regulation and responses. The same can be said for unhealthy habits such as heavy drinking, drugs, smoking, over-eating, and general impulsive behavior. Although these may appear to individually related issues, they can all have a profound impact on the workplace.

3.2. Discovering EI & EQ.

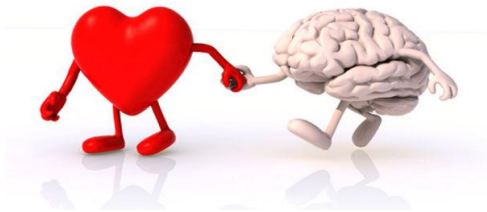
- ✓ Section overview.
- ✓ What is EQ?
- ✓ History of EQ.
- ✓ Framework and Definitions.
- ✓ What are emotions?
- ✓ 2 minds.
- ✓ 3 types of emotional people.
- ✓ EQ Assessment.
- ✓ Benefits of developing EQ.

3.3. Self-Awareness.

- ✓ Section overview.
- ✓ Self-assessment.
- ✓ Who are you?
- ✓ What's important to you?
- ✓ The living human document.
- ✓ Mindfulness – here & now.
- ✓ Emotional states.
- ✓ What do you believe.
- ✓ Keys to self-awareness.
- ✓ Self-awareness assessment.
- ✓ Action/Behavior awareness assessment.
- ✓ Feelings or thoughts?
- ✓ Self-awareness activities.
- ✓ Improvement planning.

3.4. Self -Management.

- ✓ Section overview.
- ✓ Personal integrity & responsibility.
- ✓ The pause button.
- ✓ Grounding exercise.
- ✓ Breathing exercise.
- ✓ Creating appropriate emotional patterns.
- ✓ Mental gateways.
- ✓ Cognitive reframing.
- ✓ Factors that influence emotions.
- ✓ Emotional rules.
- ✓ Emotional hijacking.
- ✓ Self-management activities.
- ✓ Improvement planning.



“Emotional Intelligence Leads the Way Forward”



3.5. Motivation & Resilience.

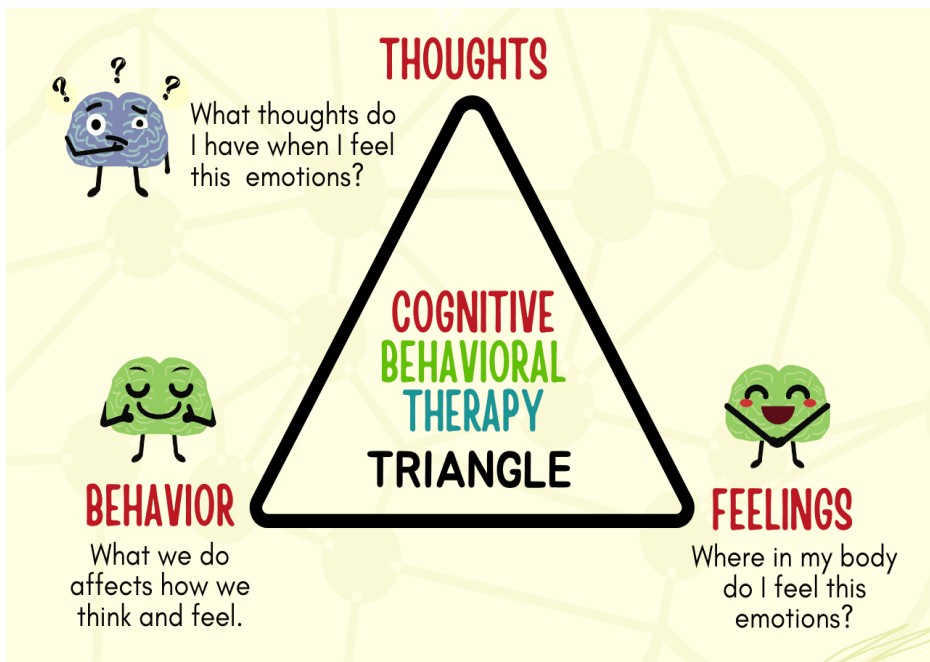
- ✓ Section overview.
- ✓ Is Motivation real?
- ✓ Purpose Questionnaire.
- ✓ Realistic optimism.
- ✓ Setting your sights.
- ✓ Internal and external challenges.
- ✓ Dealing with stress & being overwhelmed.
- ✓ 7 second solution.
- ✓ 5 Questions.
- ✓ Learn to problem solve.
- ✓ Improvement planning.

3.6. Empathy.

- ✓ Section overview.
- ✓ Empathy & compassion.
- ✓ Basic emotional needs.
- ✓ Unconditional positive regard.
- ✓ Opportunities to support and contribute.
- ✓ Presence with others.
- ✓ Increasing empathy.
- ✓ 3 types of empathy.
- ✓ Improvement planning.

3.7. Relationships.

- ✓ Section overview.
- ✓ Upskilling communications.
- ✓ Conflict resolution.
- ✓ Emotional bubbles.
- ✓ Power of confiding.
- ✓ Relationship activities.
- ✓ Improvement planning.



3.8. Cognitive Triangle.

Although it may come as a surprise, our thoughts, feelings, and behaviors are inextricably linked. So, changing one of these factors can help to alter the others.

Through knowledge of the cognitive triangle, an individual can challenge negative thoughts and replace them with positive ones. This then impacts on feelings and behavior.

3.9. Cognitive Triangle Continued

Erroneous thinking patterns can significantly influence perceptions and interpretations in a negative manner. This can then lead to negative feelings which are emotional responses, influencing our communication with others, reactions, and decisions. Behavior then follows the stimuli of thoughts and feelings, so positive thoughts lead to positive feelings and behavior. With the **Youth Metamorphosis Program**, students will learn how to move through distorted thinking and retrain the mind, which in turn controls feelings & behavior.



4. Critical Thinking.

4.1. The Importance of Critical Thinking.

Critical thinking is a key component in human development and is strongly linked with emotions & behavior. This key function enables us to become mentally stronger and reduces our vulnerability. Thinking critically also helps us to evaluate and process information in a manner that increases our ability to effectively problem-solve, make sound judgements, and improve our decision making. As part of the **Youth Metamorphosis Program** students will learn how to identify what critical thinking is and how to train their minds to make this process a normal part of their daily functions.

4.2. Overcoming a Dualistic Mindset.

At times, **dualistic thinking** can be helpful but for the most part it's very limiting, can cause division, and contributes to a decline in cooperation. It keeps people locked into a place of low-level thinking and poor emotional functioning. To truly grow and develop in life it is essential that we overcome this type of thinking. Without it, empathy dies, and we find ourselves in an echo chamber of our own thoughts and ideas. The **Youth Metamorphosis Program** will coach students to seek out the **third** path of thinking which leads to a destination of highly functioning and effective people capable of critically navigating information.

BINARY THINKING

Binary thinking is a cognitive framework that simplifies complex situations or concepts by reducing them to only two opposing categories or perspectives.

OVERVIEW

Binary thinking refers to a simplified mindset where a person sees only two opposite and mutually separate options or perspectives. The ability to engage in non-binary thinking is an increasingly valuable skill in today's world. Employers seek people who can engage in divergent thinking, while students need the ability to explore multiple perspectives in order to succeed at university.

EXAMPLES

- **Right vs. Wrong:** The failure to see that an issue may not have an objective right or wrong answer because it is complex and multi-layered.
- **Us vs Them:** The tendency to create two mutually opposing groups of in-group, or 'us', and out-group, or 'them'. This causes unnecessary social conflict and division.

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5. Barriers to Development.

5.1. Overcoming The Ego!

The ego is that tiny yet dominant voice inside that always wants to do battle, and it's the source of 99.99% of all our problems. Although it does have a healthy function and without it, we'd all fail to effectively measure danger - such as simple things like crossing the road . However, unchecked, it is our enemy and many people live out their lives through their ego. It controls and dominates everything we do and for the most part, extremely unhealthy. But to keep it in check, we first need to understand what it truly is, how it functions, and how to recognize it when it matters. The **Youth Metamorphosis Program** will teach students how to identify situations where the ego is in control and assess whether its authority is required at that moment, or if there's a need to seize control of the situation for the benefit of the group.

EGO VERSUS PRIDE

Ego is one's feeling about his/her own self (feeling of I, Me, Myself)	Pride is an emotion which is a result of one's achievement or success
Results in arrogance most of the time	Usually this leads to self-satisfaction and sometimes motivation
Arises solely because of one's own self	Could arise due to own self or somebody else
May be based on false ideas and thoughts	Arises as a result of an achievement or success
Prevents individuals from apologizing, appreciating from others and making new friends	Sometimes makes others feel motivated about something
Strong ego could be hurt very easily	Opposite of pride is disappointment

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5.2. Destructive Pride.

Pride and ego are two words used interchangeably, but there are distinct differences between the two. Pride can be derived from a healthy sense of satisfaction and achievement but just like it's cousin ego, it can also be very destructive if not managed carefully. This is yet another barrier to development as destructive pride can destroy humility and the need to acknowledge wrongdoings. It can also hinder generosity and harden the heart. Healthy pride, however, can be an inspiration to those around you and result in positive outcomes for the group. The **Youth Metamorphosis Program** will help students to recognize the difference between the two, and develop that which will create superior outcomes.

"Pride & Ego can kill a success story like no other force."

Stephen Holmes



6. Program Structure and Fees.

5.1. 1-25 Students Face 2 Face.

This approach consists of twelve (12), one hour, Face-2-Face sessions and the entire program coursework for each student. There will also be additional coaching support if required by either phone, email, WhatsApp, or Telegram.

Prices between £1500 – £3,500.

5.2. 1-25 Students Zoom.

This approach consists of twelve (12), one hour, Zoom sessions and the entire program coursework for each student. There will also be additional coaching support if required by either phone, email, WhatsApp, or Telegram.

Prices between £1200 – £3,000.

5.3. 25-50 Students Face 2 Face.

Prices between £3,500 – £5,000.

5.4. 25-50 Students Zoom.

Prices between £2,400 – £5,500.

5.5. 50-100 Students Face 2 Face.

Prices between £5,000 – £6,500.

5.6. 50-100 Students Face 2 Face.

Prices between £3,600 – £8,000.

5.7. 100+ Students.

For numbers of over 100 Students, please contact us direct for pricing.

**For General Enquiries and Bookings.
Tel: 07495 913 285
Email: info@peak-transformation.com**



“The importance of emotional development in young people cannot be overstated as it’s probably the most crucial aspect of training for an adolescent.”

Enroll Today!



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promoting excellence in psychology

