

What is the Next Step to Being the Change Workshop?

The Next Step to Being the Change Workshop is a 3-day, highly experiential workshop that provides tools and life skills for addressing the separation, isolation, and loneliness at the heart of many issues in our lives:

- Social Oppression
- Substance Abuse
- Gender Roles
- Stereotyping
- Bullying
- Racism
- Violence
- Teasing

Is the Next Step to Being the Change Workshop for me?

This workshop is designed to serve adults from all walks of life, as well as motivated teen leaders ages 15 - 19. They are especially valuable for educators, counselors, youth workers, Circles of Change members, or anyone seeking closer relationships with others.



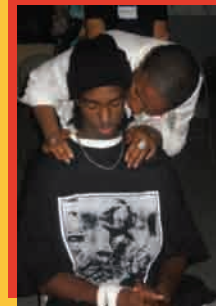
"I was nervous, challenged, supported, loved and in the end, grew more in three days than I thought was possible."

- Michelle D.

Participant Opportunities

At the Next Step to Being the Change Workshop you will participate in powerful personal growth exercises and learn how and why they work.

- Practice celebrating diversity as a tool for creating emotionally safe environments.
- Learn a compassionate approach for addressing and healing social and internalized oppression.
- Network with educators, counselors, parents, teenagers, and others who want to change the way we treat our children and ourselves.



- Learn and practice safe, healthy, and effective ways for dealing with and expressing emotions.

- Explore the cost and consequences of stereotypical gender training.
- Have fun learning to incorporate laughter and play as a tool for self expression.



"Wonderful experience. I feel I can make a difference with my students, family, community and self."

- Barb, Teacher

Workshop Schedule

Friday 8:30 a.m. – 5:30 p.m.
 Saturday 9:00 a.m. – 6:30 p.m.
 Sunday 9:00 a.m. – 4:00 p.m.

Participants agree to stay for the entire workshop for their benefit, as well as the group dynamic.

For the calendar or to register for this workshop visit our website at www.challengeday.org/nextstep.html

"I went from resistant, skeptical and frightened to accepted and on a path to change. Amazing what things happen when you step outside your comfort zone."

- Salem C., Student



You can come to California or you can bring the Next Step to Being the Change Workshop to your community!

For more information, visit our website at www.challengeday.org/nextstep.html