



Lecture Series Catalogue

(Sponsored by John Robert Powers Monterey/Fresno)

1. Be a Leader not a Follower

- How to start your day in a positive way with positive thinking
- Being in control, projecting self-confidence and self-esteem
- Goal-setting and leadership skills
- How to navigate safely through teen years: peer pressure, education, planning the future, drug/alcohol abuse

2. Communication is the Art

- Communication makes huge difference in everybody's life
- Basic voice and speech principles
- How to have great voice projection and feel full of confidence
- Great tips on how to start a conversation
- To say or not to say?
- How to become a great listener
- Useful memorization tips

3. Personality Plus! (Confidence / Self-Esteem)

- Reflect & Regroup - How to improve confidence and self-esteem
- How to have a winning personality - Personality enhancing tips
- The importance of first impressions, and how to make it a good one.
- Creating a winning image

4. See You at the Top! (or How to Make your Dreams Come True)

- Dreams are the goals with the deadlines
- Goals - setting and achieving techniques
- The definition of success

5. Fitness and Nutrition

- Being in charge of your own health
- Bad eating habits and how to get rid of them
- Full explanation of four basic food groups
- How to tone your body and choose the exercise routine that is right for you

6. Organize Yourself!

- How to recognize your priorities, set deadlines and meet them
- How to organize your life and make it a habit (homework, tests, calendars, etc.)
- Being neat is in style and will save you a lot of money! (Organizing your closet).
- When time comes to pack your suitcase (or How to travel sanely)

7. Develop Your Own Style and Look Great on a Budget

- How to create your own style and a total look from head to toe.
- Color “seasons”
- What to enhance and what to hide – how to dress accordingly to your body type
- Dress to impress for different occasions.
- How to look like a million dollars while on a budget
- What to wear to a job interview – believe us, it matters!

8. Young, Fabulous and Not Broke (Budgeting and Money Management)

- How to set your budget and manage your money
- Great money saving tips
- When you are ready to go to college
- A few words of wisdom about credit cards

9. Say “Yes” to Your Future (Drug and Alcohol Awareness)

- Understanding the addiction
- How drugs and alcohol affect the body and the brain
- Learn to love and respect yourself and say “yes” to your future.

10. Job Interview Techniques

- Tips on effective job-hunting techniques, write a resume and a cover letter
- Job interview etiquette
- How to dress
- Tips on how to act during your interview and get the job.
- What questions to expect and how to answer them
- You have a right to ask the questions too! (What to ask)