

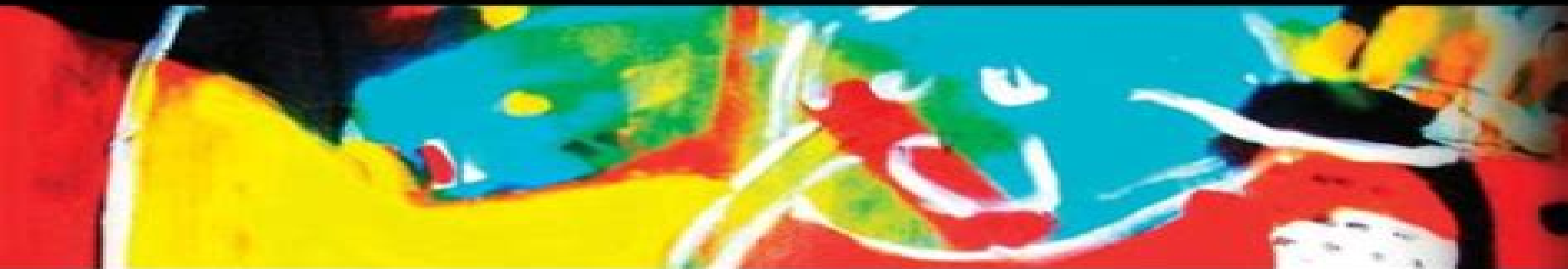
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TRIBAL WARRIORS:

Life Skills to Optimize Well-Being for Teens

Sherry A. Blair, PhD, MSSW, MA
with Toni Anne Lofrano, BA



Tribal Warriors Life Skills To Optimize Well Being For Teenscreating Nurtured Heart Communities

Sherry Blair,Toni Anne Lofrano



Tribal Warriors Life Skills To Optimize Well Being For Teenscreating Nurtured Heart Communities:

Tribal Warriors Sherry Blair, Toni Anne Lofrano, 2013-06-11 This workbook moves beyond life skills as we traditionally know it and steps outside of the box to get middle and high school youth optimized in life and overall well being As an integrated model and grounded in the rigorously researched interventions and theories of positive psychology this workbook introduces these concepts to youth to optimize their well being The evidence based model of REBT Rational Emotive Behavior Therapy is introduced to increase rational living and to teach all youth that making smart choices decreasing self defeating behaviors and unhealthy negative emotions can be done with practice and application giving them the tools they require to not only be successful in adolescence but as young adults The Nurtured Heart Approach is included as the epoxy that ties all the concepts together but most importantly builds flourishing relationships at home school and in the community Section Two pulls the tribe together to stand against all types of bullying hate crimes and violence in their schools and communities It is the belief that before we can address bullying to increase peaceful relationships we need to build up each individual whether they have been victimized or have offended All youth need the information presented in order to stand together to build peaceful Nurtured Heart communities A note from the author For close to two decades I have been personally working with children and youth in their schools in their communities and in their homes I have worked with both the victims and the offenders and at times have discovered that the victim is often the offender in another setting For example if the victim is being bullied at school he she may come home and bully their families either their parents and or their siblings Having had a background in domestic and family violence my training allowed me to understand the psychological and behavioral effects on all parties involved in the deleterious cycles of abuse My extensive work in Women Gender Studies through the years as a student practitioner educator and as a leader in executive behavioral health services has afforded me a different lens as it relates to all the isms in the world that lead to oppression and the coercive nature of power and control Breaking down the barriers of racism homophobia sexism ethnocentrism xenophobia ageism is required Teaching our youth to see each other at the heart and soul level rather than by our differences as in the color or our skin gender sexual orientation etc is the path that is required to move us toward a more humanistic and compassionate way of relating to one another without prejudice We believe that building the individual inner wealth and increasing the tenets of REBT specifically USA Unconditional Self Acceptance and UAO Unconditional Acceptance of Others is the first step toward breaking down the cycles of abuse and bullying This workbook is designed to speak to youth which allows them to develop the tools for self help and improvement The workbook is designed to begin with Section One and move through the lessons and then move on to Section Two However using the activities randomly is an option and comes with a caveat Many of the lessons request reflecting back to previous lessons which is congruent with the psychology of learning and repetition The Nurtured Heart Approach techniques are threaded throughout the workbook regardless of the lesson When used in its

entirety Tribal Warriors is designed to be taught weekly with daily practice suggestions For use in school and community based programs it is suggested that Section One be taught first The goal is to create leadership in schools and communities Youth that complete the initial training participate as peer trainers in application and practice outside of the formal weekly sessions and move forward to assist as co leaders in the subsequent years **Creative Recognitions, Inc** Sherry Blair,2013-07-09 By popular demand Sherry A Blair has released a handy 5 x 7 FULL COLOR format of Creative Recognitions Inc her modern day fable depicting relationship and communication styles in a typical workplace Grab one for yourself or give a copy to your entire team Have tons of fun as you and your co workers find a descriptive character which most closely resembles how you typically function in the workplace From such colorful characters as flourishing Frontline Worker Isabella to Mr Moody to Mrs Crabtree to the fearless Senora Corazon who leads with love you ll find yourself using their names and copying their style See for yourself how easily Senora Corazon s team uses simple strategies to get employees in full compliance improve relations increase productivity and create a workplace where people are happy feel valued and want to give their best Which teammate are you now and which one would you like to be Are you languishing or flourishing at work Which will you choose Creative Recognitions Inc was originally published as the opening chapter in The Positivity Pulse Transforming Your Workplace by Sherry A Blair The fable is also referenced in The 7 Steps to Ignite Flourishing Leaders Teams and Organizations Positivity Pulse Action Guide by Alletta Bayer MA and Sherry A Blair PhD

The Enigmatic Realm of **Tribal Warriors Life Skills To Optimize Well Being For Teenscreating Nurtured Heart Communities**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Tribal Warriors Life Skills To Optimize Well Being For Teenscreating Nurtured Heart Communities** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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