



# SHAPE

**YOUR FUTURE**

[www.coachronaghosn.com](http://www.coachronaghosn.com)

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# DEAR ASPIRING CHANGE-MAKERS,

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Welcome to a space where your journey matters, where every challenge faced is a step closer to your true potential, and where every triumph, no matter how small, is celebrated with fervor.

My name is Rona Ghosn, and my life's mission is to walk beside teenagers like you, guiding, supporting, and cheering you on as you navigate the beautiful, tumultuous journey of self-growth.

Having once walked in shoes similar to yours, battling weight issues, facing societal judgments, and more importantly, working tirelessly to maintain self-love through it all, I've learned that our most potent weapon is our belief in ourselves. It's this personal journey, filled with its highs and lows, that ignited my passion to become a beacon for others.

Your dreams, aspirations, fears, and hesitations are valid. In this fast-paced world filled with comparisons and external pressures, I understand how easy it can be to lose sight of your unique brilliance. But here's what I truly believe: Each one of you holds within a boundless universe of potential, waiting to be tapped into.

Whether you're seeking clarity about your future, striving for self-confidence, or merely needing a safe space to rediscover and celebrate yourself, I am here to help. Together, we'll embark on a transformative journey, tailored uniquely to you.

So, if you're ready to embrace a future where you're not just dreaming but achieving, I invite you to step into this adventure with me. Let's co-create a narrative where you're the empowered protagonist, equipped with self-belief and poised for success.

With warmth and belief in your brilliance,

*Coach Rona Ghosn*





***"EMBRACE EVERY FACET OF YOURSELF,  
FOR WITHIN EACH CHALLENGE LIES  
THE SEEDS OF GROWTH. REMEMBER,  
STARS SHINE BRIGHTEST IN THE  
DARKEST SKIES. LET YOUR TRUE SELF  
ILLUMINATE THE PATH AHEAD."***

*Coach Rona Ghosn*







## **MISSION**

To empower the youth by inspiring self-love, instilling confidence, and providing clear guidance towards a life of purpose and passion.



## **VISION**

Creating a world where every teenager recognizes their inherent worth, harnesses their unique potential, and bravely steps into their best self





**"FUEL YOUR DETERMINATION, HARNESS YOUR STRENGTH, AND LET EVERY EFFORT PAVE THE WAY TO YOUR BRIGHTEST TRANSFORMATION. COACH RONA, GUIDING YOU TOWARDS THE POWERFUL POTENTIAL THAT RESIDES WITHIN."**







# PROGRAMS

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## Clarity Capsule

A one-on-one coaching session designed to help individuals find clarity in their objectives, set achievable goals, and map out a strategy for success.



## Goal Setting

Helping teens set clear, achievable goals and equipping them with strategies to attain them.



## Self-Love Symposium

A series of workshops focusing on promoting self-love, body positivity, and resilience against societal judgments.



## Echoes of Esteem: Finding Teen Voice

A comprehensive program targeting teenagers to build self-confidence, address peer pressures, and nurture self-worth.



## Youthquake: Confidence Aftershocks

A transformative program that focuses on converting personal doubts and insecurities into strengths and stepping stones for growth.





 **Echoes of Esteem:  
Finding Teen Voice** 

The "Echoes of Esteem: Finding Teen Voice" program aims to empower teenagers with the tools and knowledge they need to build self-confidence, navigate peer pressures, and nurture a strong sense of self-worth. Through expert-led workshops, interactive activities, and a supportive community, this program seeks to foster lasting personal growth and resilience in teenagers.







# ECHOES OF ESTEEM: FINDING TEEN VOICE



## Key Features:

1. **Empowering Teenagers:** empower teenagers by equipping them with essential life skills, including self-confidence, resilience, and self-worth.
2. **Comprehensive Approach:** covers a wide range of topics relevant to teenagers, such as self-esteem, self-discovery, dealing with peer pressure, and developing strong personal values.
3. **Interactive Learning:** the program includes interactive workshops, group discussions, role-playing exercises, and creative activities to make the learning experience engaging and practical.
4. **Safe and Supportive Environment:** safe and supportive space where teenagers can share their thoughts and feelings openly and without judgment.
5. **Real-Life Skills:** teaching real-life skills, including effective communication, decision-making, stress management, and goal setting, to help teenagers succeed in various aspects of their lives.
6. **Building Resilience:** a strong emphasis on resilience building, teaching teenagers how to cope with challenges, setbacks, and the pressures they may encounter.
7. **Positive Self-Image:** addresses issues related to body image and promotes self-acceptance, helping teenagers build a positive self-image.
8. **Peer Pressure Awareness:** delves into the different types of peer pressure and equips teenagers with strategies for setting and maintaining healthy boundaries.