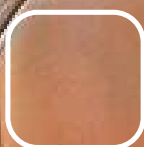


# SHAPE

**YOUR FUTURE**

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

**PROFILE** 



**MESSAGE**

**ABOUT**

**MISSION**

**WHY US**

**SERVICES**

**WORKSHOPS**

# 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.



## **Self-Love Symposium**

The "Self-Love Symposium" is a holistic and empowering series of workshops designed to help individuals cultivate self-love, embrace body positivity, and build resilience against societal judgments. These sessions provide a safe and supportive space for personal growth and self-acceptance.

The "Self-Love Symposium" empowers individuals to embrace self-love, body positivity, and resilience against societal judgments through expert-led workshops, interactive activities, and a supportive community that encourages lasting personal growth and acceptance.





# SELF-LOVE SYMPOSIUM



## Key Features:

1. **Interactive Workshops:** Communicate the inclusion of interactive workshops, hands-on activities, and practical exercises that actively engage participants in self-reflection and skill-building.
2. **Panel Discussions:** Emphasize panel discussions where individuals share their personal experiences, challenges, and success stories related to self-love and resilience against societal judgments.
3. **Safe and Inclusive Space:** Stress the creation of a safe, inclusive, and judgment-free environment where attendees can openly share their experiences and feelings without fear of criticism.
4. **Empowerment and Skill Development:** practical exercises and practices that empower participants to build resilience, self-compassion, and self-esteem.
5. **Mental Health Resources:** availability of information and resources related to mental health, self-help tools, and support networks for those struggling with self-love and body image issues.
6. **Body Positivity:** focus on body positivity, including body-positive fashion shows or displays featuring diverse models to celebrate beauty in all its forms