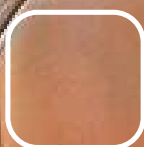


# SHAPE

**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.





## **Youthquake: Confidence Aftershocks**



The "**Youthquake: Confidence Aftershocks**" program is a transformative journey that guides teenagers in converting personal doubts and insecurities into sources of strength, resilience, and personal growth. Through expert-led sessions, interactive activities, and a supportive community, this program empowers participants to emerge with a renewed sense of self-confidence and a commitment to personal development.







# YOUTHQUAKE: CONFIDENCE AFTERSHOCKS



## Key Features:

1. **Transformation of Self-Doubt:** "Youthquake: Confidence Aftershocks" is a transformative program designed to help individuals harness their personal doubts and insecurities and turn them into sources of strength.
2. **Personal Growth:** the program centers on personal growth and self-improvement, fostering resilience and self-confidence.
3. **Holistic Approach:** the program takes a comprehensive approach to address self-doubt in various aspects of life, including personal relationships, professional aspirations, and overall well-being.
4. **Safe and Supportive Environment:** this program provides a safe and supportive space where individuals can openly share their doubts and insecurities without fear of judgment.
5. **Positive Mindset and Resilience:** focus on developing a positive mindset and building resilience to navigate challenges, setbacks, and doubts.
6. **Effective Communication:** teaches effective communication skills to express feelings and needs assertively, fostering healthier relationships.
7. **Embracing Vulnerability:** the importance of embracing vulnerability as a source of strength and a pathway to personal growth.
8. **Self-Care and Well-Being:** encourages self-care and well-being practices to enhance overall mental and emotional health.
9. **Empowerment:** empowers individuals to take control of their self-esteem and confidence, ultimately leading to personal growth and achievement.