



LAMARR WOMBLE

Lamarr Womble is a Dream Director, School Culture Expert and Youth Motivational Speaker. Lamarr created Passion for Leadership to give youth the power to choose, in work, school and life. When students are in action around their passions, they believe their dreams can become reality.

“Passion leads to action. Action leads to momentum. Momentum leads to confidence”



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Belief Systems & Mindset SEL Curriculum

The Belief Systems/Mindset Curriculum was created to help students and professionals take the power back against the realities that many of us have to tackle from past trauma, low self-esteem, burn out, stress, loneliness to uncertainty, the pressure of success, life/career decision making and leading others.

Sessions can be virtual or face-to-face and customized for students, parents and/or teachers.

This curriculum walks students through life lessons that aren't taught in the classroom to come out on the other side with a fresh perspective on how to develop a mindset to thrive in the face of challenge!

SERIES OBJECTIVES:

- *Participants will learn how to navigate and breakthrough life challenges and social/emotional setbacks*
- *Participants will go through a process of self-discovery finding answers that they can use to help them navigate through difficult situations and decisions for the rest of their lives.*
- *Participants will learn vital social/emotional skills that will help them create and maintain relationships and protect their mental health.*

SERIES SESSION OUTLINE

Duration of all Sessions: 45-90 min

Session descriptions available upon request

Session 1: Becoming the Greatest Version of Yourself **Virtual** **Face-to-Face**

- Keynote Presentation
- Learning Objectives: **Participants will...**
 - Learn the 3 elements of the Power Triangle to become the greatest version themselves.
 - Learn how their past impacts their future.
 - Learn how discovering their passion can empower them change the world.
 - Learn how to lead themselves before they learn to lead others.

Session 2: Story vs Reality **Virtual** **Face-to-Face**

- Learning Objectives:
 - Distinguish the different characteristics between story and reality
 - Identify where in their life have, they been living inside of a story they've used to be mad, angry, upset, frustrated or manipulative towards others or as an excuse not to be their best selves
 - Discover how to consistently leave story and live-in reality by taking accountability.

Session 3: Dealing with Imposter Syndrome **Virtual** **Face-to-Face**

- Learning Objectives:
 - Identify the meaning of imposter syndrome and where its influence shows up in popular culture.
 - Help participants publicly share and own their failures, insecurities and life challenges to find power in their circumstances.
 - Participants will determine the motivation behind driving their ability to overcome imposter syndrome.

Session 4: Discovering Your Why **Virtual** **Face-to-Face**

- Learning Objectives: **Participants will...**
 - Determine an underlying goal or dream they have for themselves
 - Explore the deeper purpose to why that goal or dream is important to them
 - Ultimately share their why with close friends and loved ones.

Session 5: Defining Your Legacy **Virtual** **Face-to-Face**

- Learning Objectives: **Participants will...**
 - Identify areas of their life that causes them stress or anxiety
 - Create a Legacy Statement to remind them what impact they want to leave on the world.
 - Learn how to consistently alleviate the stress by connecting their daily actions to their future legacy.

Session 6: Identifying Your Values **Virtual** **Face-to-Face**

- Learning Objectives: **Participants will...**
 - Have an in-depth discussion on what values are and how they play a role in your life.
 - Look into the values mirror and determine if their behavior and actions are aligned with their values.
 - Establish their own personal list of core values to keep.

Session 7: Facing Failure **Virtual** **Face-to-Face**

- Learning Objectives: **Participants will...**
 - Learn a framework for FAILING forward.
 - Learn language on how to switch their language from limiting beliefs to empowering beliefs.
 - Learn how fear often feeds failure before we've even failed.

Session 8: Goal Setting **Virtual** **Face-to-Face**

- Learning Objectives: **Participants will...**
 - Learn how to assign equal value to all of their goals
 - Learn the difference between transactional goals and transformational goals
 - Learn ways to collaborate to establish new ways to accomplish a goal.



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Session 9: Courageous Conversations **Virtual** **Face-to-Face**

- Learning Objectives: **Participants will...**
 - Learn the 5 steps to a courageous conversation
 - Reflect on moments of regret in their lives and moments of gratitude.
 - Have the opportunity to respond to practice scenarios of sample conversations that are challenging to have every day.



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