

My Brilliant Life

IS YOUR YOUNG ADULT READY FOR WHAT THE FUTURE HOLDS?

As you think about your young adult's future...

- ❖ Do they understand how economic changes will impact the careers of tomorrow?
- ❖ Are they aware of the **four** most important traits they will need to acquire in order to ensure success?
- ❖ Do they realize that most educational institutions are not designed to prepare them for what the future holds?

At My Brilliant Life, (MBL) we take participants from motivation to inspiration. "You get the best efforts from others not by lighting a fire beneath them, but by building a fire within." [Bob Nelson]

MBL's mission is to inspire and empower people to develop their full potential, uncover their own brilliance, and experience more joyous lives.

Why we do what we do at MBL

Elys' mission is to empower young people and give them the tools to make conscious choices, find joy in their chosen careers and achieve the life they truly desire.

- ❖ Historically, transition from one developmental stage to another has been viewed by many as a time of discontent, personal challenge, and insecurities.
- ❖ In order to successfully launch a young person's career, support is needed in making the transition from high school to college and then later from college to the workforce.



At MBL we view transition as an exciting opportunity for creating a personal vision, thinking in terms of possibilities, and planning a strategy that ensures attainment of personal goals. We diligently guide participants through each step.

MBL guides the process so that each person will have the necessary tools for academic, social, career, and personal success at every developmental stage of life.

What we do at MBL:

At MBL, we understand that the road to adulthood is filled with challenges and hurdles and young people sometimes feel overwhelmed by their problems.

The programs we offer give young adults the tools they will need for their journey, and provide them with strategies to deal with the unanticipated events that life often presents.

MBL has a dynamic process which offers each person a unique and individually designed experience. Working individually, or in small groups, participants envision the life they want, understand how to leverage their strengths, and develop skills and strategies that support their vision.

- ❖ Participants build a roadmap to their chosen future, receive guidance and feedback and gain the confidence needed to propel them towards success.
- ❖ Participants become inspired to take responsibility for their own progress because they set their own learning and achievement goals. Bob Pike (Creative Training Techniques) says, *"People don't argue with their own data."*

The programs at **My Brilliant Life (MBL)** prepare young adults for a bright future with knowledge and skills they will need to achieve successful careers and become the person they wish to be.

The MBL Process

MBL helps participants identify the attributes needed to be successful as a student, an entrepreneur or an employee.

The process learned by participants can be repeated, again, at any stage of life should they decide to make school, social or career changes or find themselves in a transitional situation.

MBL's process will inspire and ignite creative potential and allow individual brilliance to flourish.

We begin by helping participants clarify and define their personal vision for their young adult future.

We assess the participant's operating and learning styles and strengths, and explain the impact of these data on their future plans.



The rest of the sessions focus on:

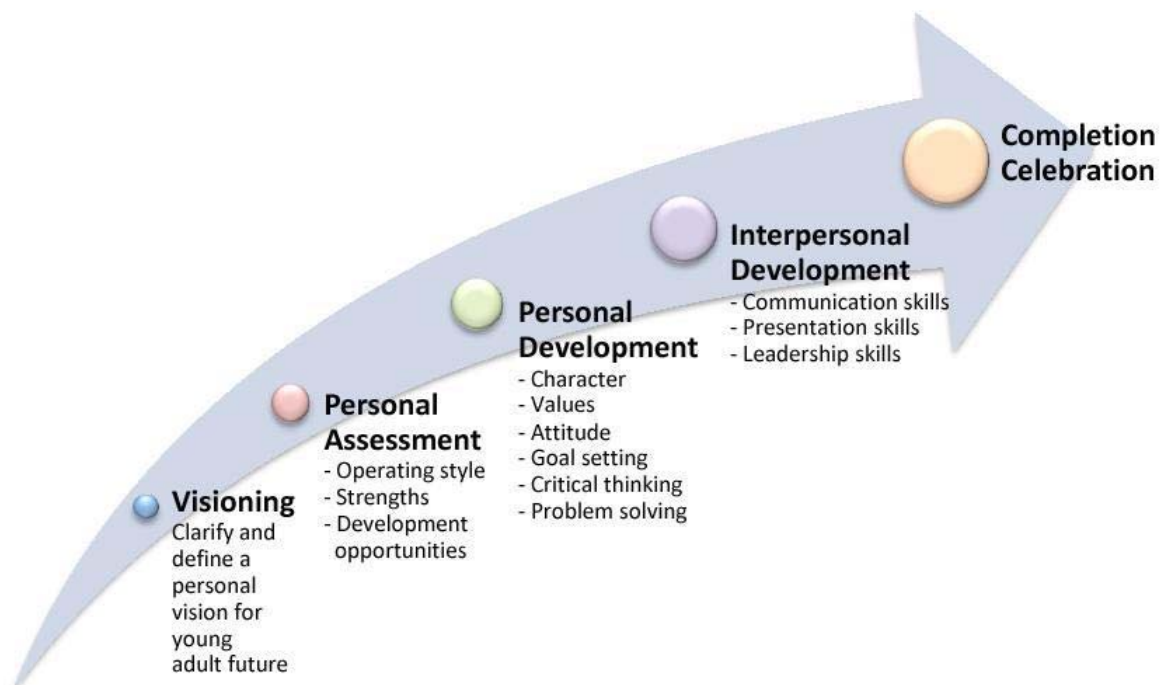
Personal and Professional Development

- ❖ Character, values, attitude, responsibility
- ❖ Goal setting
- ❖ Critical thinking and problem solving

Interpersonal Development

Communication skills, presentation skills, and leadership skills

We conclude by creating a “vision map,” depicting the life they visualize for themselves, and finally, we celebrate our roadmap to success.



Why MBL?

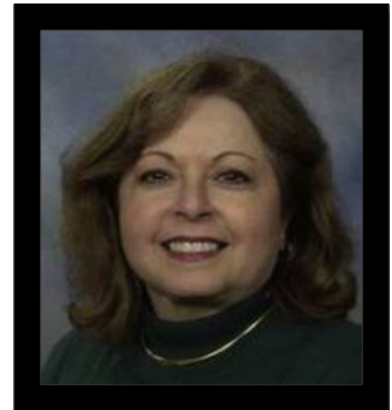
- ❖ Elys Brewda is a mentor with passion.
- ❖ Elys has seen thousands of people who are miserable in their jobs, disengaged at work, or who have ended up in “accidental careers.”
- ❖ Elys is uniquely positioned to understand the needs of learners at each milestone in their lives.
- ❖ Elys assists people in learning how to make a life, not just make a living.



Your young adult's future is one phone call away!

MBL is an organization created by Elys Brewda to help young people start the next stage of their life with a plan they truly believe in.

Elys was an educator in the public school system in Toronto, Canada. For ten years, she taught gifted children in music. Her travels took her to Europe where she was an educator at an American private school.



Elys then transferred her expertise to the corporate world working as an instructional designer, facilitator and consultant. Elys holds a master's degree in Organization Development with an emphasis on Training and Development.

Elys' life journey has given her vast experience with people of all ages and cultures. Her most cherished career is being a mother to a highly successful young woman.

Your daughter or son will be inspired to meet their potential with the programs offered at My Brilliant Life.

My Brilliant Life A Roadmap to My Future

Strategic Goal

Establishing and setting goals for career, academic, and personal success.



Personal Accomplishments

- ❖ Greater self-awareness
- ❖ Understanding of unique abilities
- ❖ Academic focus
- ❖ Ability to make conscious choices and take inspired action
- ❖ Unleashed potential and personal power

Tool Kit

- ❖ "Vision Mapping" depicting future hopes and dreams for success
- ❖ personal assessments
- ❖ information guides
- ❖ planning worksheets
- ❖ process templates

Program Information

- ❖ 10 week sessions; 2 hours per week
- ❖ Can attend whole series or parts of series
- ❖ Times: 4:00 pm - 6:00 pm or 7:00 pm - 9:00 pm

Who should attend

Intermediate students and adults of all ages.

Program includes

- ❖ overview meeting with parents
- ❖ assessments
- ❖ vision mapping and portfolio
- ❖ two individual and personalized coaching sessions (one hour each)

Please call our office at 425.687.3597 to learn more about MBL or call for a program application.

