



Organization  
Communication  
Teenagers  
Adolescence

**MANU SHAHI**  
Certified Academic  
Life Coach

Coaching to answer the harder questions in life.  
Consulting to teach you how to get there.

### Balance Your Life

Learn how to balance your school work and your social life!

- \* Overcome procrastination!
- \* Learn how to get (and stay) motivated!
- \* Discover what it really means to study!
- \* Walk away with 15 new study skill strategies!

### Hey!

**I AM TALKING TO YOU  
BUT YOU ARE NOT LISTENING**  
Learning to connect for academic  
and social success.

### Bio

Have Manu come and speak at your next parent's night, training day, leadership meeting, fundraising dinner, or conference. As an accomplished and engaging speaker, Manu uses stories and humor blended with an extensive knowledge of the latest research and trends, to deliver informative and relevant addresses to a variety of audiences.

## WORKSHOP DESCRIPTIONS

The following are few workshop descriptions that I have delivered in the past and that have been well-received by parent groups.

### Motivation, Goal Setting & Communication

Simple techniques parents can use to motivate middle and high school students and how to set useful and effective goals

### Stress and Organization

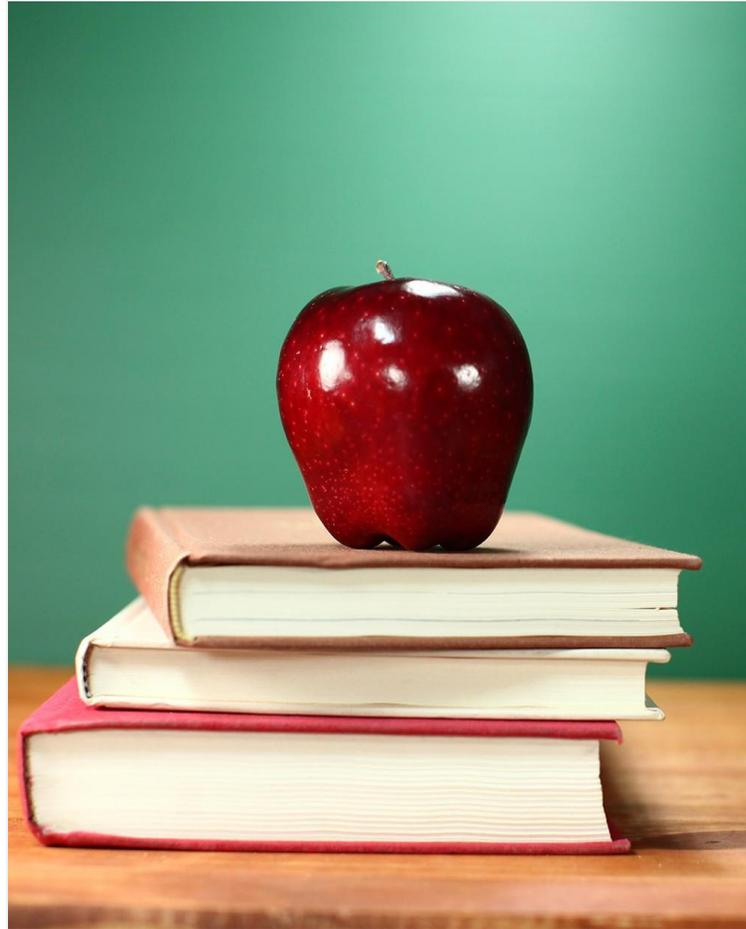
How to help middle and high school students reduce stress and reach optimal performance levels Fail-proof ways to lasting organization & time Management.

### Personal Leadership in the 21st Century

Defines leadership in a way that excites and motivates students to live their best lives How students can best prepare themselves to face the challenges, and benefit from the opportunities, the 21st century offers

### Gen Z Workshop by Zig Ziglar Corporation

Workshops for teens on Self-image, REALationship Building, and Goal Setting



To make a booking or discuss options:

Email Us:  
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call 972.333.4663  
Visit: [www.manushahi.com](http://www.manushahi.com)

## Teenagers and Adolescence

- The Teenage Brain: Explaining Teenage Behavior
- Dealing with school stress.
- ABA-Anti boring approach to studying.
- The Questions & Stages of Adolescence

## Parenting Tweens and Teens

Communicating With Teenagers

Teenagers: What to Expect as Kids Grow Up

Why Motivation Style Matters.

Building Self Esteem & Resilience in Teenagers