

Mission Statement

Paradigm Esteem motivates the mind and soul of today's youth and young adults through our self-improvement programs, resulting in a stronger sense of self-worth, pride and overall confidence.

Goal

Our goal is to reach individuals from 'the inside out' whereas society and the media constantly try to influence from the outside in. We give youth and young adults an exciting, thriving, life-altering, yet fun environment to learn the life skills needed in today's society.



Amanda Welliver is the **Winner of the 2006 YWCA Entrepreneur of the Year Award**. She was also recognized as an **Edmonton Woman Making a Difference** by Edmonton Woman's Magazine, **The Geek that Grew Up** by the Edmonton Sun, and was a **2003 YWCA Woman of Distinction Nominee**.

dream success
 honor ambition resolve courage
 perseverance strength respect unique
 change dignity fulfillment acknowledge appreciate
 focus purpose strong attitude learn
 goals realize achieve know spirit
 determination hope accomplish
 self-confidence self-esteem pride
 awareness understand perseverance
 believe

"Amanda Welliver has worked amazing magic with the youth at Big Island Lake. In the past few years, we have been fortunate to have Paradigm Esteem visit our community and facilitate the 'I Am Beautiful Because...' workshop. Amanda has empowered our students through her self-esteem lessons to have the confidence needed to participate in school and in a first class self-esteem, modeling fashion show. Amanda brings out the best in youth; her personal testimony, encouragement, gentleness, enthusiasm and confidence contribute to her success. I have witnessed BIG changes in students that have completed this workshop; Big Island is lucky to have her continue to visit and encourage youth to believe in themselves and discover their inner beauty. Keep working your magic!" – Carey Stoebich, Vice Principal, Chief Napew Memorial School, Big Island Lake Education

I believe the Paradigm Esteem program would be a tremendous asset to any community or organization that feels that the healing starts within one's self, and I highly recommend the program without reservation. This program has word for many of the youth – they are still walking around with their heads up high and feeling good about themselves." – Phaedra John, Employment and Training/HRD, Kehewin Cree Nation

"As a youth co-ordinator it is sometimes difficult to find a motivational speaker that the youth can relate too. Your session on I Am Beautiful Because.. truly inspired the teens and myself that we empower each other and ourselves. Your energy and enthusiasm is contagious and even after 3 weeks after the session some of the teens who attended your session are still vibrating from the information. Truly inspiring. What a gift you process-empowering youth." – Melonie Dziwenka Sturgeon Youth Council Co-ordinator

"I feel more confident and no matter what I'll always feel better about myself now, it was this course that helped me. No matter how geeky you feel you look, or weird you may seem you are still beautiful, I now feel great. Thanks Paradigm Esteem!" – Joshua, 17

"I finally get it now; everybody is special in their own way. I loved the kindness of Amanda and her staff. Amanda is the most inspiring person I ever met in my life. Thank you for helping me like myself on the inside and out." – Nikita, 13

"I feel more confident in myself and you don't have to change the way you are just to get noticed or become popular. This is the best class ever. I hope it will come back and I get to take it again. It is the best thing that has ever happened to me." – Janetta, 14



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PARADIGM ESTEEM

self-esteem motivational modeling programs



YOUTH PROGRAMS

Low self-esteem can affect just about every aspect of a youth's life. If they feel bad or are unsure of themselves, then they may be unable to participate fully in any activity for fear of failure. Youth cannot handle everything perfectly all the time and shouldn't be expected to. They don't have to try to face up to what everyone else 'thinks' they should be, but should make sure they are PROUD of their decisions, actions and more importantly themselves.

Our self-esteem programs help youth discover who they truly are by using our methods of looking inside of their 'shell', allowing a stronger sense of 'self'. By combing techniques such as fashion modeling and self-esteem lessons allows the two mediums to come together resulting in outer and inner strength.

Level I: 'I Am Beautiful Because...!' *Ages 11 - 17, Male/Female*

Topics include: • Self-Esteem - What is it? Why do I need it? • Introduction to 'I Am Beautiful Because...!' • The Amanda Welliver Power of Positive Thinking Method • Knowing your Strengths, What is Important to Me • The Art of Appreciation • My Center Core • A Healthy Body Image and my Body Image • What is Stress? • Going After Your Dreams - Making it a Reality • Goals: The Purpose of Short and Long Term Planning • Modeling Basics, Ramp Walks, Turns, Body Language, Posture • Photo Movement - How to Move in front of the camera • Bringing Your Best Side out • Professional Photography Tips & Improvisation • The Self-Esteem Bucket • Understanding my feelings • My Own Power -- believing in yourself from the inside out.

Level II: The 'Art' of Being Me *Ages 11 - 17, Male/Female*

This advanced program is available only to graduates of our Level I: 'I Am Beautiful Because'. The goal is to continue raising one's self-esteem however utilizing diverse forms of 'Art' such as Martial Arts, Make Up Artistry, The Art of Appreciation II, and An Artist in our Soul. **Topics include:** • Making Your Self-Esteem Work for You • The Art of Appreciation II • The Power of Positive Thinking II • Chef Cooking Lessons: Meals for Me! • Etiquette and Manners - do you know yours? • Martial Arts - Defending what is yours mentally and physically • Hair, Make-up and Skin Care. Not just skin deep • Health and My Body • Drugs, Alcohol and Addictions • Life can change suddenly - how to adapt.

Level III: Extreem Esteem *Ages 11 - 17, Male/Female*

Topics include: • 'Extreem Esteem' handbook written by Award Winning President/Founder Amanda Welliver • Planning for Success: What is money? What do you mean a budget? • The Costs of Addictions - physically and financially • 'When I grow up I want to be...': Here's How • Planned Parenthood - Want a family, let's plan • The 'Art' of Appreciation Level III • College, University, Trade School - Why It's Worth It • Self-Defense: The next generation: The advancement of personal protection combining advanced combat methodologies • Chef Cooking Lessons: Meals for Me!

* Program contents subject to change.

ADULT PROGRAMS

The 'Art' of Being Me *Ages 18+, Male/Female*

Paradigm Esteem's The 'Art' of Being Me' Adult Program is designed to implement self-esteem and self-worth into a feeling of action and self-confidence. 'I Am Beautiful Because' educates adults on their self-identity and how they can use their individual power and skills in today's environments to live a happier more fulfilling life. If one believes in past history events, comments or thoughts; it leaves minimal room for life advancement and happiness. If life is conducting you rather than receiving your directions, self-esteem can be low resulting in a feeling of loss, stagnant and hopelessness.

This program is life reversal; learning to live life to one's higher potential with awareness and gratitude for simplicity and happiness. We teach how to take time for ourselves to learn and come in touch with our inner spirit. Each program day is dedicated to each student and their personal needs. It is a time for adults to be listened to, cared for, given personal encouragement in a safe, healing environment.

This program encompasses aspects of both of our main programs to encourage higher levels of mental and physical stimulation and learning. **Topics Include:** • Your Power • Self-Esteem - What is it? Why do I need it? • Introduction to 'I Am Beautiful Because...!' • The Amanda Welliver Power of Positive Thinking Method • Knowing your strengths & what is important to you • The Art of Appreciation • Your Center Core • A Healthy Body Image and my Body Image • It's not too late: Get that Job & Life you always wanted • Going After Your Dreams - Making it a REALITY • Goal setting: Short & Long term. Vitamins for your soul • Chef Cooking Lessons: Meals for Me! • Etiquette and Manners - do you know yours? • Martial Arts - Defending what is yours mentally and physically • Hair, Make-up and Skin Care. Not just skin deep • Drugs, Alcohol and Addictions • Knowing your feelings and strengths • Styles of Communication • Finding answers to YOU.

MOTIVATIONAL SPEAKING

Paradigm Esteem's President/Founder Amanda Welliver is a motivational speaker, traveling throughout Canada. Amanda speaks from a changed heart, from the bullied stuttering geek to the captain of the cheer squad. Her audiences include youth from all demographics to adults of professional organizations. "Today I still stutter a bit and trip on a few words, but it is my handicap and I love it. A handicap is a blessing as it makes you walk around with a thicker shield and the ones that get through... you know are the ones that are your true supporters and friends. It is how you decide what to do with your uniqueness to create a better life." **Speaking sessions include:** • Hourly sessions • Half and full day workshops • Mini two day program.

Invite Amanda to speak at your next Event or Conference!

*"Whatever your past has been,
you have a spotless future."
- Carushka*

