

Students of the Pancyprian Lyceum Nicosia, visit Youth Board, on the 8<sup>th</sup> of March 2010

On the 8<sup>th</sup> of March 2010, students from the Pancyprian Lyceum of Nicosia, have participated in the Workshop “The Brilliant Existence of a Teenager – I am Unique”, as part of activities that were performed to support, and respect the individuality of each Human being.



The workshop was organized by the Youth Board Cyprus – Nicosia Department. This workshop is part of a series of workshops for Teenagers, introducing the very effective methods of Colour Therapy and NLP,

created by Elena Hadjigeorgiou – Colour Life Coach TM, Colour Counselor and Healer, Licensed NLP Master Practitioner, MPIWOC.

The initiative of organizing the workshops, came from the Art Teachers Mrs. Marina Malakouna, and Mrs. Phedra Pallari. The two teachers had the opportunity to attend the 2day training, “The colour in the evolvement of Teenagers”, so they were able to introduce their students to the wonderful world of Colour Therapy, and be able to acknowledge the capacity of these methods, to offer substantial help to teenagers.



The Students through the questionnaires which have completed by the end of the workshop say:

“The workshop helped me to acknowledge what is bothering me, take the lesson from the experience, and release any negative emotions. I came in feeling tensed, and anxious, but by the end of the workshop my feelings changed. I feel happy, joyful



and relieved. I liked the correlation of colour and emotion, and the exercise we did to find our therapeutic colour.



“The workshop helped me in my way of thinking , and the way I relax. I feel calmer and more empowered. I loved the exercise where we expressed through our therapeutic colour, our unique nature. We need more time. I was fascinated with what I have learned. I want to come again and learn more.”

“The effect of colour on my emotions, was one thing in the workshop that was of great help to me. My negative emotions were transformed into experiences, and changed in a positive way. It was interesting to realize, the effect of colour, and sound vibrations on humans. Great Presentation.”

“This workshop helped me a lot. When I came in initially, I couldn’t feel anything. During the workshop I felt really happy, with positive thoughts, while doing the exercises with colour. I have realized that I need to improve my way of thinking. The presentation was impressive.”



«This workshop helped me to release my negative emotions, focus on the positive, using colour. A feeling of emptiness was present before the workshop, but during the workshop I felt like being present in my road. The whole presentation was interesting.”



«I loved the parts where we were closing our eyes, and a peaceful energy was all around. I can face now the negative moments in my life as experiences. I enjoyed the part where we could draw our therapeutic colour on paper and express ourselves. I would love to participate again.”

“This workshop helped me feel calm. I feel more relaxed. I liked the whole experience. Very good presentation!”



«I have being helped a lot, but mostly I have being helped by releasing my negative emotions. My mood has changed, the way I relax, and my way of thinking. I loved the exercise in drawing and expressing our unique nature through our therapeutic colour. I very pleased from the whole presentation. It's a very helpful program.»

“I can now face every challenge with power and patience. I came in very tensed, and confused, but during the workshop a beautiful feeling of calmness came up from within. I feel very relaxed. I loved the explanation of the colour we have chosen. Everything was perfect. I did not expect this workshop to have such a great, positive impact.”

«Being able to release my negative emotions, was very helpful. I feel much happier. I loved the explanation of the colours we have chosen. Very nice presentation, which helped me to understand myself more.»

«I have realized that if we want to make our dreams come true, we can do it.»

The comments from the students are very important, as we can see their ability to evolve really fast, and utilize their potentials, especially if they have the appropriate guidance. Important is also the role of Cyprus Youth Board, in organizing workshops which can support young people.

