

## Report

### Workshop “The Brilliant Existence of a Teenager – Introduction”

17<sup>th</sup> of February 2010, Youth Board Nicosia – Cyprus



We are glad to report, the successful completion of the 2 hour workshop “The Brilliant Existence of a Teenager – Introduction”, on the 17<sup>th</sup> of February 2010, organized at Nicosia’s Youth Board Department.

In this workshop, Elena Hadjigeorgiou, utilizes advanced holistic methods, of Colour Therapy and NLP, in order to equip teenagers, with new and effective tools, to handle their emotions, to develop a more effective way of thinking, utilizing more of their potentials, and power, to create a happier, and successful life.

In this workshop, students from Kykko’s B’ Lyceum, participated. These students had the opportunity to learn about these new sciences, through their Art Teachers, which have attended a 2day training with Elena Hadjigeorgiou, “Colour in the evolvement of Teenagers”. These training, is designed to provide the teachers with new effective tools to support, in an even more effective way, the positive evolvement of their students.



We present the comments of the students, which were given to us, through the questionnaires the students have completed, by the end of the workshop.

“This workshop helped me to relax, and feel that I can move forward in my life! I feel more self-confident, and I trust my capabilities. I loved the exercises with colour and sound. The part of releasing my fears was really helpful. We want more time, in order to be able to learn more about colour! It was perfect.”



“This workshop helped me to realize my negative emotions. I feel much more relaxed, and more self-confident. I know now why I have a preference to a particular colour, and I do like this

realization. I would love to have more time. Everything was perfect!”

«The exercise of releasing negative emotions, and thoughts was of great help to me. I feel calmer. This workshop was really helpful. I would love to have more time. I enjoyed it. Perfect!”



“During this workshop I was able to discover which are my negative emotions, and release them. I was able to learn how to relax by doing exercises using colour. I had some negative thoughts which I have released, and I feel refreshed. I love the visualizations. We could have enjoyed it more, if we had more time. We really need this kind of therapy. We would love to see these

being implemented in schools, because it is of great help”

“This workshop helped me to improve my goals. I feel so unique. I loved the part where we had thrown away the negative emotions. We need more time.”

“The positive, and pleasant presence of our trainer helped me a lot. I enjoyed working in a team, and understand the important role of colour in our life. I felt a peaceful and a very gentle feeling for myself, and more relaxed. I loved the fact that my trainer could sense the colour that I was thinking and using during our exercise. We need more time. Very pleasant experience, and useful for our present and future.”

“This workshop helped me to release my stress, and my sadness. I feel more positive. I enjoyed learning about the symbolic meaning of each colour. I was excited to experience the sound of each colour.”

It is important to mention the important input of Cyprus Youth Board, in organizing and supporting such workshops, creating the opportunity, of supporting young people.

