

# FutureF!t

Discover your uniqueness and power  
to navigate the world consciously,  
courageously and purposefully

Themed sessions that inspire the youth to:

- Embrace their uniqueness
- Be bold and incorruptible
- Grow through challenges
- Hold empowering engagements
- Caring for Self holistically
- Ignite their energy
- Owning stress
- Be Present and Purposeful

Offered as standalone or a series of workshops

Contact Sue Schreuder for more details  
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