

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 individuals an exciting, thriving, life-altering, yet fun environment to learn the life skills needed in today's society.



Amanda Welliver, President/Founder

2013 March Winner Global TV Woman of Vision
 2012 & 2006 YWCA Entrepreneur & Business of the Year
 2012/2011 RBC Canadian Entrepreneur Nominee
 2010 NYC Winner Stevie Entrepreneur of Canada



"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, Saskatchewan

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 worked for many of the youth and adults – 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 possess - 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

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



Self Esteem Motivational Modeling Programs

#200, 17008 - 90 Avenue
 Edmonton AB T5T 1L6
 Tel: 780-962-0152 Fax: 780-962-1960
 info@paradigmesteem.com



www.paradigmesteem.com



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 combining 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 • Professional Photography Tips • The Self-Esteem Bucket • Understanding my feelings • My Own Power -- believing in yourself from the inside out • What is Photoshop?

Level II: The 'Art' of Being Me *Ages 11 - 18, Male/Female*

Topics include: • Making Your Self-Esteem Work for You • The Art of Appreciation II • The Power of Positive Thinking II • Martial Arts - Defending what is yours mentally and physically • Why post secondary is worth the effort • The real cost of Drugs, Alcohol and Addictions • Life can change suddenly - how to adapt • Career versus just a 'job' - What is a budget?

Level III: Extreem Esteem *Ages 11 - 18, Male/Female*

Topics include: • 'Extreem Esteem' handbook written by Award Winning President/Founder Amanda Welliver • Planning for Success: What is money? What is credit? • The Costs of Addictions - physically and financially III • '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 III • Self-Defense: The next generation: The advancement of personal protection combining advanced combat methodologies
** 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 self-worth 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 • Martial Arts - Defending what is yours mentally and physically • The real cost of Drugs, Alcohol and Addictions • Knowing your feelings and strengths • Styles of Communication • Finding answers to YOU.

MOTIVATIONAL SPEAKING

Amanda Welliver has made a business out of inspiring others to be the best they can be. As the founder and president of Paradigm Esteem, a self-esteem motivational modeling consulting firm, she brings a unique perspective on life and shares it with the audience in a humorous and interactive manner. Amanda suffered from a severe speech impediment. She underwent severe bullying and felt like she was a 'human mistake'. Amanda speaks from a changed heart of how she went from the suicidal stuttering geek to the captain of the cheerleading squad, to an international multiple award winning entrepreneur. A motivational speaker and author of self-esteem textbooks, Amanda's programs aim to change the lives of individuals by teaching them the art of self-appreciation, self-esteem, the power of positive thinking, and an overall positive self-loving image. Amanda is a businesswoman making a difference by teaching others from her heart and with the passion of a changed life.

Topics include: • Dreams - Making it a reality • Bullying: It hurts me, and it hurts all of us... why? • I Am Beautiful Because... : learning to notice the unnoticed • Don't give up: A self esteem journey... • What is self esteem? Why is it so important to your world today? • Custom topics available for your event

Invite Amanda to speak at your next Event or Conference!

SPEAK UP! MINI WORKSHOP

3 day mini self esteem program for youth or adults, male and female for groups of 8 to maximum of 50. This program includes Amanda Welliver's textbook and entry level self-esteem lessons.

Also included is Self Defense and Martial Arts instruction by a 3rd degree black belt Sensei. Students will learn life saving basic self defense skills as well as finding their voice resulting in greater physical confidence. All students receive their official "White Belt"; great for resumes.

Topics include: • What is self-esteem and its importance? • The Self-Esteem Bucket • Self-confidence and the difference • The Art of Appreciation • Dreams are a reality • A Healthy Body Image • Media - a reality check!

