

## WITHIN WORKSHOP

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One hour mindful literacy workshop

-Review -Reflect -Resilience

“How you think changes your chemistry on a molecular level” -Dr Joe Dispenza

### **What you tell yourself matters.**

This program moves under the premise that the body follows the mind. Therefore we can control the controllables. We can design and become the architects of our destiny.

### **Reflect**

We ponder the potency of thought and *how* our thoughts shape our lives and the world around us.

- Notice the negative monologue
- Reset the negative monologue
- Transform it into enhancing thriving dictation

### **How does it feel?**

- Smile vs Frown (show pictures)
- Happy song vs Sad song (example)
- Up Top handshake vs regular handshake
- A gift with intention vs a gift with no intention
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### **Really how does it feel ?**

- Yes vs No
  - I will become vs I want to become
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### **Review**

#### **Disrupt the Pattern**

Loose speech is challenged through group engagement and discussion of commonly used phrases in society. We interrupt the wired habit of copy and pasted responses we use and hear on a daily basis with real contemplation of human experience.

1. What obstacles stand in the way?
  2. What does your mind say when you think of those barriers? What happens to your mind when you think about those obstacles?
  3. What internal messages reinforce your captivity?
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## Resilience

### Empower

Students tap into their innate ability to transform their lives through language. Affirming their voice and authoring their story.

Example: If you've heard "you're dumb you're stupid you're dumb you're an idiot" over and over and over again and that message becomes internalized - what happens?

1. How could we reword that statement to make it feel more empowering ?
2. How do we give life to a dead view?
3. Where can we redesign this statement? How can we arrange words to lift us out of the dump?
4. What messages promote the life you envision?

Example: ***WIN WIN WIN WIN WIN WIN WIN WIN***

"You're the author of your story"

### -Benefits

- Literary Enhancement
- Increased self awareness
- Boosts confidence
- Strengthens critical thinking skills
- Cooperation Skills
- Conscious Listening