



Own Your Energy

Workshop Playbook

TARGET Young people, 16–17 years	DURATION 90 minutes	GROUP SIZE 15–25 participants
Learning Goal Participants discover that they can actively train their mental resilience. They leave with practical, body-based tools they can use immediately — in school, sport, relationships, and daily life.	Learning Style Action-based learning — short knowledge bursts followed by hands-on exercises, repeated. All learning styles in every theme: visual, physical, reflective. Works for both circular and linear thinkers.	Brief 90-minute interactive workshop for young people on mental resilience and focus. Must be practical, body-based, and give them tools they actually want to use. Energy and engagement are key — no lectures.

GUIDING PRINCIPLES

1. Energy follows focus (go with the flow, not against it)

2. Break the pattern if you don't like it

3. Activate your rest & restore system

4. Create your future image (visual + feeling)
5. Repeat — stop old patterns

6. When it's hardest, you're closest to success

7. Ask for help

8. You always have a choice

0:00–0:10

10 min



Welcome & Open Up

Set the frame. Visual anchors on the wall. Exercise: find circles in the room 3× — open the brain for new input. Focused and divergent vision.

 *Open participants' minds through visual activation*

Plenary

Medium

WHO
—

MATERIALS
Posters, graphic visual anchors

0:10–0:25

15 min



Energy Follows Focus — The Brain

How the brain directs energy to where you put your focus. Keywords and drawings on a shared wall. Light ball with colours to demonstrate.

 *Understand how energy follows focus*

Plenary

Medium

WHO
—

MATERIALS
Light ball with colours, wall space

BE AWARE

Use simple language — avoid jargon. Let them experience it, don't explain too much.

0:25–0:40

15 min



Energy Follows Focus — The Body

Hands-on exercises showing how energy shifts with focus. Groups of 3 pick exercise cards from the box.

 *Feel on your own body how energy shifts with focus*

Group

groups of 3

High

WHO
—

MATERIALS
Shift Your Focus exercise cards (~10)

BE AWARE

Some may feel self-conscious — keep it playful. Always offer an observer role.

0:40–0:55

15 min



Activate Your Rest & Restore System

Introduction to the rest/restore response system. Why it matters. Pre-made graphic visuals on the wall.

 *Understand the rest/restore system and why it matters to activate it*

Plenary

Medium

WHO
—

MATERIALS
Graphic facilitation visuals

0:55–1:10

15 min



Rest & Restore — Card Exercises

Practical exercises with tips and tricks. Groups of 3 pick cards from the box. Experience the rest/restore system on your own body.

 *Experience activation of the rest/restore system physically*

Group

groups of 3

Calm

WHO
—

MATERIALS
Shift Your Focus cards

BE AWARE

Some may have strong physical reactions — normalise this. Keep it voluntary.

1:10–1:20

10 min



Feelings as Inner Guidance

Emotions as an active tool — both heavy and light feelings. Chemical responses have different durations in the body. Train yourself both ways — free choice in the moment.

 *Experience feelings as a resource and understand the chemistry behind them*

Plenary

Medium

WHO
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MATERIALS
—

BE AWARE

Can touch personal boundaries — keep it light and voluntary. No pressure to share.

1:20–1:30

10 min



Create Your Future Anchor

Find and create a personal psychological anchor. Something fun, light — combining a visual image with a feeling. For daily use.

 *Create a personal anchor that works in the moment*

Solo

Calm

WHO
—

MATERIALS
—

1:30



Closing

Brief closing. One takeaway each.

Plenary

standing circle

Calm

WHO
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MATERIALS
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