



WEEK NO. 1 GROUP LEADER

Welcome to Teen Club Zen (TCZ)! Your group is lucky to have you!

Each week of TCZ there will be a Group Leader video to give you a snapshot of the week's content to help you feel **confident** in presenting the material of TCZ.

TCZ has done all the lesson planning for you. All you have to do is **preview the content** before you show it to your group so you can feel prepared and speak more from experience.

If you haven't already, make sure to watch the HMHB Group Leader Training Workshop video learning series on our web site.

This week you have to collect **opt out forms** from all students before beginning TCZ whether you are a club or class.

If you are using **TCZ as a club**, be sure to check out our "**Club Rush Kit**".

One goal is to establish TCZ as a **community**, a group of people who support one another and **want the best for each other**.

There are THREE rules of TCZ;

- 1) **Try Your Best** *(and lead by example with enthusiasm and joy of learning!)*
- 2) **Stay Relaxed** *(attention on one thing at a time, giving individual attention to students, making them feel heard)*
- 3) **What Happens In TCZ, Stays in TCZ** *(honesty as best policy)*

Don't move forward until everyone (or vast majority) decides to **move forward together**.

TCZ gives bite-sized lessons for a reason, no need to rush, and enjoy each lesson.

If you have any questions, don't hesitate to contact us. We are **partners in progress** with you!

Group Discussion Questions:

What is wellness according to TCZ and how do we begin to achieve it?
Has there been a time in your life where you really "looked in the mirror" at yourself?