

*...Teens learn the power of conscious choice*



**TRUE COLORS**

# TRUE COLORS...

What skills do you want your teen to have in order to be successful in life?

Does your teen have them?

More importantly, does your teen use them?



TRUE COLORS is a seminar that offers a unique away from home opportunity for teens to acquire the skills necessary to be in the world with self-assurance, knowing they are capable of meeting life's opportunities resourcefully and successfully. TRUE COLORS is held at a residential camp outside of Eugene, Oregon. For 5 1/2 structured days and nights, teens explore new territory, learn new skills and make life long friends.

TRUE COLORS provides a seminar environment that is both challenging and supportive; physically, mentally, and emotionally. Teens learn how to respond to everyday life with responsibility, flexibility and a sense of humor. TRUE COLORS is the place for teens to get a clear sense of who they are and what they want to create in their lives. And TRUE COLORS is where teens are accepted and supported for who they are right now.

We focus on two aspects of choice in TRUE COLORS. The first is accepting that we have choice and are accountable for what we choose. There is no one to blame! Secondly, teens experience first hand that our choices create our consequences, in turn, our lives. With these two premises in mind, and through many varied learning processes, teens practice skills to make conscious choices. They practice personal authority, self-discipline and self-trust.

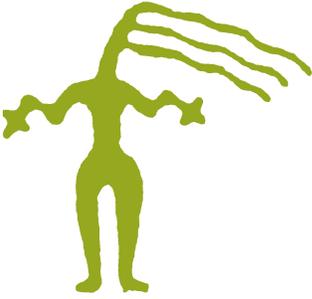
TRUE COLORS is made up of teens from diverse backgrounds who want solid relationships with their family, friends and themselves.

Teens learn to:

- ...tell it like it is,
- ...be the director, producer and star of their lives,
- ...be successful at school and at home,
- ...have fun alone and with a team,
- ...make a difference in the world.

In TRUE COLORS teens experience the joy of really communicating with others. Teens learn how to talk so people will listen and how to listen so people will talk. Practicing new ways to communicate demonstrates that honesty is the best policy, and that being truthful with yourself and others leads to true relationships. TRUE COLORS assists teens to tap into their natural wisdom, power and talents, becoming skilled at saying, "Yes!" to what is most important in their lives. TRUE COLORS is an awesome growth experience!

# WHAT TEENS SAY ABOUT TRUE COLORS...



“The most powerful experience in my life.  
Very uplifting and inspiring!”

*Destiny Bednorz*

It was the most helpful thing in my life. True Colors was a very powerful and emotional experience for me and I have learned a lot about life from attending.”

*Shaun Duke*

“This seminar inspired me and helps me everyday!”

*Dana Giacci*

“My overall experience of the True Colors seminar was that it was by far the best 5 days of my life. It was exhilaratingly fun. It changed my life forever and I will always be grateful for that.”

*Danielle Baughman*

“It was amazing. My life is going to be totally changed, and it is. My outlook on the future is incredible and I can communicate much better with everyone.”

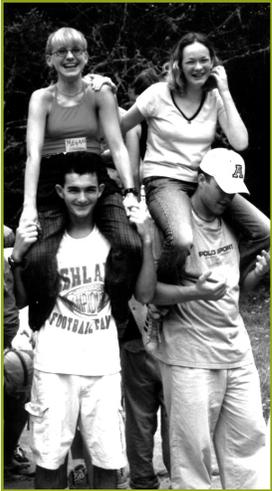
*Carl Sohn*

“This seminar was one of the most eye-opening and beneficial of my life. It was completely worthwhile, the facilitators were knowledgeable, supportive and helpful. I am extremely glad that I attended this seminar.”

*Angela Berti*

“I am continuously amazed by the effects of this program. I have been to True Colors before and I was still so into the whole process. I met so many wonderful people and have never felt better about myself. Wings is the most amazing program.”

*Rachel Hesse*



**Register now for this  
great experience!**

**800.697.0040**

# WHY WE DO IT...

*“Your children are not your children. They are the sons and daughters of Life’s longing for itself. They come through you, but not from you. You may give them your love but not your thoughts, for they have their own thoughts. You may house their bodies but not their souls. For their souls dwell in the house of tomorrow, which you cannot visit, not even in your dreams.”*

--Kahlil Gibran

We offer TRUE COLORS because we believe that young people are our future, our most precious resource, and that every teen is capable of creating a healthy, happy, successful life when they know how. When teens can safely examine issues and learn effective skills early in life, family, relationships, school and ultimately, the community benefit.

After participating in TRUE COLORS, teens and parents have reported back that teens are happier; have become leaders in school; improved their school performance; terminated negative relationships; greatly improved their relationships with themselves, their parents and friends; stopped unhealthy addictions and as they trust themselves more, are less influenced by peers. With results like these it is an easy commitment to make on our part.

What do you want for your teen?



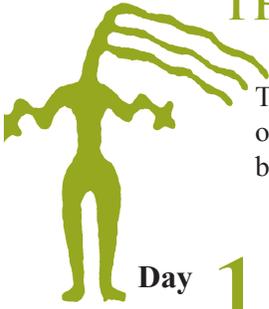
# TRUE COLORS PURPOSES

TRUE COLORS assists you to:

- C**reate the results you want most in your life and in your world.
- H**onor yourself and others...learning to value and appreciate the differences.
- O**pen to your natural wisdom, power, love, and aliveness ... trusting your talents.
- I**nvest in the relationships in your life by communicating honestly and respectfully from your heart...listening with an open mind.
- C**hoose with awareness....to stop, look and choose ...realizing that your choices create your consequences and your life.
- E**nthusiastically accept the adventure that is your life...risking to live your dreams.



# TRUE COLORS SEMINAR OUTLINE



This outline is an overview of what we focus on during the 5 days of seminar. We actually do much more...including sharing, team building activities, interactive processes, reflection and some writing.

**Day**

**1**

- Level of Participation = Quality of Results
- The Price of Your Fear of Being Judged: Loss of self
- Ownership: The key to reclaiming your real self
- Getting the Results You Want Instead of Your Reasons, Excuses and Fears
- Differences in Communication of Men & Women
- Creating Healthy Change: Coping, Addictions, Self-Talk, Comfort Zones
- Cornerstones of a Balanced Life: Ownership, Integrity, Spontaneity, Vulnerability
- How Your Beliefs Create Your Experience: Choice, Agreements, Honesty

**Day**

**2**

- Moving From Image to Essence: “Who am I?” Being authentic
- Feelings: What are they for? Signals to pay attention to
- Trust: Getting it back, of yourself and others
- Boundaries: What are they? Setting healthy boundaries
- Choice and Accountability: Stepping out, being the source of your life, taking responsibility
- Acknowledging Each Other’s Strengths and Areas of Learning

**Day**

**3**

- Enabling? How we do it, the consequences we pay and how to stop it
- The Consequences of Resistance...How to Choose Acceptance: Moving from stress to freedom
- The Impact of Belief Systems: Limitations, Doubt, Denial, Triangulation
- The Learning in Our Families: Patterns and behaviors that impact our present life
- Choosing new ways of being and doing
- We are all on the same team: Being excellent to each other

**Day**

**4**

- Integrity: Cleaning up, Keeping agreements, Saying YES and meaning it
- Empowering Language: What is it? How to use it
- Creating Balance in Life: Knowing, accepting and using all parts of yourself
- The Courage to Dream: Claiming your whole self
- Contracts: Creating a new definition of yourself that works

**Day**

**5**

- Creating Safety: Valuing and honoring each other
- Integration: All aspects of TRUE COLORS
- Committing to Make a Difference: Claiming your voice and committing to your future
- Gratitude: I am grateful for...
- Celebration: Sharing yourself with the world

# LOST VALLEY EDUCATIONAL CENTER

Lost Valley Educational Center is an intentional living community and nonprofit center located on eighty-seven beautiful acres in the foothills of the Cascades, eighteen miles southeast of Eugene, Oregon. The center includes forest, meadow, gardens, a creek and a 45-acre recovering forest. The center is committed to stewarding the land and developing a sustainable culture.

Teens at Lost Valley stay in one of the two rustic dormitories, which are nestled in the woods among Douglas fir trees. Each dormitory has a full bathroom on each floor. Other groups may be staying at Lost Valley while teens are there.

The food service at Lost Valley is known for its tasty and abundant ORGANIC VEGETARIAN cuisine, cooked and served in an atmosphere of loving and caring service. Community grace is often said before meals. Commitment to the health of residents, visitors and the planet is apparent through the food served, which is grown organically, bioregionally and locally whenever possible.

Lost Valley has standards of behavior that all visitors are required to follow in order to assure the safety and equal respect of all visitors at the facility. If you would like more information about Lost Valley Educational Center, please visit their website at: [www.lostvalley.org](http://www.lostvalley.org)



## TRUE COLORS

*For Teens ages 13-18 years old*

### Hours:

Tuesday	5:00pm - 9:00pm
Wednesday-Sunday	9:00am - 9:00pm
Sunday	9:00am - 6:00pm
Celebration Sunday	6:00pm - 7:00pm

**Tuition:** \$450.00 (Repeat \$250.00)

**Meals & Lodging:** \$495.00

**Deposit:** \$495.00 (non-refundable)



REGISTER EARLY SPACE IS LIMITED...CALL TODAY!  
Call 800.697.0040 or view us on the web at: [www.wings-seminars.com](http://www.wings-seminars.com)

