

# **SESSIONS FOR BUILDING THE BODY OF CHRIST**

**Sessions for Building the Body of Christ teach teens practical, concrete, and powerful skills for living Catholic morality in the Land of Other People.**

## **SESSION # 7    Getting Back to the Garden Together**

**Participants will:**

- Recognize the potential graces present in the Mystical Body of Christ.
- Explain the three responsibilities each member has in the Land of Other People (Get In Shape, Do Your Part, and Help Others Succeed).
- Identify the three guiding principles within the Land of Other People.

## **SESSION #8    Building Trust Funds**

**Participants will:**

- Recognize the PATH is safer and most achievable when traveled with like-minded co-travelers.
- Develop strategies for building successful parent/child relationships and healthy friendships.
- Identify potential mentors for their journey on the PATH.

## **SESSION #9    Stormy Weather**

**Participants will:**

- Identify favorable conditions for the spawning of destructive social tornadoes.
- Recognize, avoid, and dismantle social tornadoes of negativity and destruction.
- Acquire concrete tools for building and maintaining calm and respectful environments.

## **SESSION #10    Hits and Road Rage**

**Participant will:**

- Develop a healthy respect for the teaching power of obstacles and difficulties experienced while on the PATH.
- Learn skills for managing life's curve balls with self-confidence and resilience.
- Learn effective methods for resolving conflicts while in the Yoke and on the PATH.

## **Bring an On the PATH Workshop to Your Teens**

**Custom-designed a workshop to meet your school or organization's needs.**

Sessions run 75-90 minutes each.

Choose one, or stack several for a half or full day event.  
Basic PATH cornerstones are woven into every session.

For more information, see [General Session Information](#).

For pricing and to reserve your date, [Contact Peg](#).

---

## **GENERAL SESSION INFORMATION**

**Bring On the PATH Workshops to Your Faculty, Parents and Teens**

**WHAT TO EXPECT:** On the PATH presentations open with a dynamic and passionate review of our two-fold Purpose: to love God and to love others. All thoughts, choices, decisions, and relationships are rightly-oriented when rooted in this Purpose. Embracing one's Purpose begs an essential question: "How can I do these two things?"

Within this faith-first framework, Social-Emotional Learning techniques are introduced. These skills equip teachers, students and parents to love God and others concretely and actively. They promote character formation and positive behavior patterns. Moreover, faith-first SEL skills support healthy and moral spiritual lives, classrooms, families, relationships and work places.

**HOW IT WORKS:** Work with Peg to customize your presentations.

**Student workshops** are arranged in three categories: [Core Sessions](#), [Maintenance Sessions](#), and [Sessions for Building the Body](#). Basic PATH cornerstones are woven into every session, and each runs approximately 30-45 minutes. Sessions are interactive and PowerPoint-based. Choose one session, or stack several for a half or full day event.

**Faculty Retreats and Professional Development Workshops** frame Social-Emotional Learning techniques as necessary skills for faith-filled, Purpose-driven living. They are the tools we employ when we actively love God and others. Almost without fail, attendees find *On the PATH* seminars valuable both personally and professionally. They leave with the desire and tools to bring positive change to classrooms and relationships.

Workshop content is stacked to meet the needs of each community. Units include:

- the potential and pitfalls associated with the neural

- changes of the teen and young adult years;
- habits of self-awareness and self-regulation;
- claiming the power of personal responsibility;
- grace and gratitude as game-changers;
- building resiliency by pursuing personal virtues and positive character traits;
- uprooting thinking patterns which lead to negativity, blaming, excuse-making;
- resisting personal temptations;
- meeting life's obstacles Purpose-first;
- avoiding and transforming hazardous social situations;
- choosing and maintaining healthy relationships;
- targeted tips for communicating and resolving conflicts effectively and respectfully.

**Parent workshops include:**

- an introduction to the child-to-adolescent brain transition;
- an overview of Purpose-based parenting throughout this transition in a post-Modern culture;
- concrete tools for building character and resilience vis-a-vis these neural changes and culture.
- In addition, all Faculty PD topics can be modified for parent audiences.

**WHO PRESENTS?** All sessions are presented by [Peg Dubrowski](#), author of [\*Following Jesus on the PATH: A Catholic Teen's Guide to Life-Altering Faith\*](#).

**For more information, including pricing  
and reservations, contact  
[peg@onthepathbooks.com](mailto:peg@onthepathbooks.com)**

---

# CORE SESSIONS: Get in the Yoke

Core Sessions introduce crucial building blocks needed for cultivating an inner life on the PATH.

## **SESSION #1    The Power Within**

Participants will:

- Recognize the power and responsibility resulting from free will.
- Understand that a life on the PATH is inherently powerful, while being LOST involves giving away personal power.
- Realize that excuses and blaming reduce personal power.

## **SESSION #2    The Super Power of the Inside Job**

Participants will:

- Realize that thoughts lead to feelings, choices, and outcomes.
- Understand and use the Frame to improve the outcomes they are experiencing.
- Learn to use the Frame for creating a habit of thinking with the mind of Jesus.

## **SESSION #3    Improve Your Ride**

Participants will:

- Realize that success in life is a function of their Virtue Quotient, not their Intelligence Quotient.
- Identify the Cardinal Virtues and understand their inherent power for transforming negative thinking habits and temptations.

## **SESSION #4    The Line**

Participants will:

- Understand when their thinking is serving them well (Above

the Line) and when it is an obstacle to their potential (Below the Line).

- Practice habits of personal awareness.
- Develop strategies for effectively managing their thinking while in the yoke with Jesus.

## **Bring an On the PATH Workshop to Your Teens**

**Custom-designed a workshop to meet your school or organization's needs.**

Sessions run 75-90 minutes each.

Choose one, or stack several for a half or full day event.

Basic PATH cornerstones are woven into every session.

For more information, see [General Session Information](#).

For pricing and to reserve your date, [Contact Peg](#).

---

# **MAINTENANCE SESSIONS: Avoiding Internal Hazards While on the PATH**

**MAINTENANCE SESSIONS** engage teens in identifying and monitoring internal obstacles to the PATH, including thinking habits, objective evil, and temptations.

**SESSION #5** Plank Alert: Keeping to the PATH during tough times

Participants will:

- Identifying their own Negative Thinking Habits (NTHs), Thought Circles, and recurring temptations.
- Learn methods for reducing NTHs and temptations by increasing their Virtue Quotient.
- Develop strategies for combating deeply rooted NTHs and temptations.

## **SESSION #6    The Fall and the Evil Emperor**

Participants will:

- Identify four primary movements in Salvation History (original holiness, the fall, the wandering, the New Adam).
- Realize that evil is real and determined to Edge God Out (EGO) of their lives.
- Begin to recognize those vulnerable places within themselves where evil seeks to enter.

## **Bring an On the PATH Workshop to Your Teens**

**Custom-designed a workshop to meet your school or organization's needs.**

Sessions run 75-90 minutes each.

Choose one, or stack several for a half or full day event.  
Basic PATH cornerstones are woven into every session.

For more information, see [General Session Information](#).

For pricing and to reserve your date, [Contact Peg](#).