

The
ANATOLIAH
Workshop



**Where Self-Confidence
Starts in The Mirror!**

At a Glance:

Created by Berklee-educated Mr. Mike Fana, The Anatoliah Workshop is a *45-minute* confidence building experience designed for students. We blend *storytelling, fun activities, and a Q&A session* to help students become emotionally intelligent leaders in and out of school.

Students that best respond to the workshop?

- ✓ *Those embarking on or adjusting to new educational journey or school.*
- ✓ *Those facing social media pressure and want to find their own voice!*
- ✓ *Those wanting new tools to confidently face emotional challenges!*

Where can it be held? In a classroom, library, cafeteria. or hall.

When can it be held? *Regular school hours, evenings, and Saturdays.*

Capacity?

To maintain a high level of quality, connection, and engagement, each session is limited to 100 students.

What's the cost for the day?

- ✓ One 45-minute workshop for the day: \$600 (*travel expenses not included*)
 - ✓ Two 45-minute workshops for the day: \$1,200 (*travel expenses included*)
 - ✓ Three 45-minute workshops for the day: \$1,800 (*travel expenses included*)
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- All printed materials are included with the cost.
 - No deposit is required to book a workshop.

Workshop Worksheet

Each student receives an 8.5x11 Anatoliah worksheet to complete during the workshop. They'll just need a pencil and a surface to write on. At the end, they'll take it home as a personal reminder of what they learned!



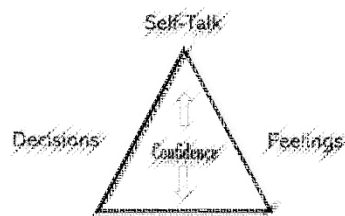
Lesson #1: About Anatoliah!

- Where in the world is Anatolia located? The US • Turkey • Dominican Republic
- What was first crafted there 8,000 years ago? Gold • Tires • Mirrors
- When was the last time you looked in the mirror with confidence? This month • Last month • Don't remember

AMERICA'S GOT TALENT STORY

Lesson #2: Build Real Self-Confidence!

- Who do you talk to the most each day? Me • My BF • My family
- How do you mostly feel afterwards? Positive • Negative
- What type of choices do those feelings inspire? Positive • Negative



Lesson #3: The 7-day challenge!

- What impacted you the most today?
- How did it make you feel?
- What lesson is life trying to teach you?

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7



www.Anatoliah.com



**Principal Thomas Harkins
Lebanon Middle School
3 Moulton Ave
Lebanon, NH 03766**

April 18, 2024

To whom it may concern,

I write this letter in support of Mike Fana and his Anatoliah Anti-Bullying presentation. I am the principal at Lebanon Middle School in Lebanon, NH.

Mike came to present to our 5th through 8th grade students in March of 2024, and his presentation was a big hit with our students. He was engaging and uplifting, and I personally heard many students say how much they enjoyed his talk, and how much they got out of it. It may sound like an exaggeration, but believe me when I say they swarmed him for autographs after he concluded. It was really neat to see!

I recommend Mike for your school if you are looking for an engaging way to discuss how to combat bullying.

Thank you,

Tom Harkins
Principal
Lebanon Middle
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To Whom It May Concern:

It is with great pleasure that I recommend Mike Fana and his powerful presentation Anatoliah. I heard about his work through a person we mutually know. I decided to give Anatoliah a try with a group that participates in our college preparation program and they absolutely loved it.

Our students appreciated a refreshing take on life and how every decision that they make in school springs out of fear or love. Our students learned amazing techniques that empowered them to lead with emotional intelligence. Also, during an awesome Q&A, students really opened up about their goals, dreams, and fears.

I would strongly recommend Anatoliah's methods to all high schools and non-profits looking for an innovative approach to decision-making. Our students enjoyed hearing from others who have been where they are and this was precisely what Mike brought to the table, as he interacted and connected with them. I believe that his work can change not only our community but the entire city of Boston.

Sincerely,

Carolina De Jesus
Program Director

The Breakdown:

Anatoliah blends storytelling, interactive participation, prize giveaways, confidence-building techniques, and an engaging Q&A session.

Lesson #1: About Anatoliah (Topics discussed):

- ✓ *Where in the world is Anatolia located?*
- ✓ *What was first crafted there 8,000 years ago and why it matters?*
- ✓ *We share our founder's America's Got Talent story!*

Lesson #2: Build lasting confidence (Topics discussed):

- ✓ *Who do you talk to the most each day?*
- ✓ *How do those conversations impact your feelings?*
- ✓ *How do those emotions influence your daily choices?*

Lesson #3: The 7-Day Challenge

Students are invited to keep a **small 7-day journal**, reflecting on three emotionally intelligent questions each day. This simple habit helps them strengthen *self-belief, self-trust, and self-love*—the foundation of confidence both in and out of school.

- ✓ *What impacted you the most today?*
- ✓ *How did that situation made you feel?*
- ✓ *What lesson so you think life trying to teach you?*

To learn more, visit www.Anatoliah.com