



After studying Business at Berklee, I created, *The Anatoliah Experience* to help middle school students understand how **focus**, **self-talk**, and **emotions** shape the **decisions** they make every day. Below is the framework:

Focus → Self-Talk → Emotions → Decisions

Students learn how attention shapes internal dialogue, how internal dialogue influences emotions, and how emotions ultimately drive decisions.

Through guided reflection, interactive participation, and real-life application, students leave with stronger self-awareness and practical tools they can apply to their daily choices.

Who is it designed for? (*Parents & educators are welcome to join any of the sessions*)

- ✓ **Leadership classes**
- ✓ **Mentoring groups**
- ✓ **AVID students**
- ✓ **Student government**
- ✓ **SEL leadership groups**

AV Requirements

Wireless microphone for assembly format

Why Middle Schools Invite the Anatoliah Experience?

Designed specifically for middle school **developmental stages**

Structured **45-minute format** that fits standard schedules

Practical framework students can apply immediately

"Students expressed how much they enjoyed the experience."

- Principal Lampron, Somersworth Middle School, NH

"His strength is in his capacity to convey complex ideas in a relatable manner."

- Principal Floyd, Robinswood Middle School, Florida

The Anatoliah Decision-Making Experience

ANATOLIAH HAS EQUIPPED THOUSANDS OF STUDENTS NATIONWIDE WITH A PRACTICAL FRAMEWORK FOR STRENGTHENING THEIR DECISION-MAKING SKILLS.

In 2012, I was presented with two very different opportunities: an audition for *America's Got Talent* and an invitation to speak to incarcerated teens. I chose the latter. *That* decision became a defining moment in my life and deepened my commitment to helping young people develop the mindset and decision-making skills needed to become the best version of themselves.

Material:

Each session includes a guided reflection tool designed to reinforce the Anatoliah framework. Students receive an 8.5 × 11 reflection guide that helps them better understand how **focus**, **self-talk**, and **emotions** influence their **decisions**. They also participate in The Anatoliah Challenge, a simple follow-up activity that encourages daily reflection and continued application of the framework throughout the school week.



Intro

WHERE IN THE WORLD IS THE ORIGINAL ANATOLIA?
WHAT WAS FIRST CRAFTED THERE 8,000 YEARS AGO?
HOW DID THE ANATOLIAH EXPERIENCE BEGIN?

The Anatoliah Framework

BE INTENTIONAL ABOUT WHAT YOU **FOCUS ON!**

- *(Clarity vs Distraction)*

BE MINDFUL OF HOW YOU **TALK TO YOURSELF!**

- *(Positive self-talk vs Negative self-talk)*

BE MINDFUL OF **YOUR EMOTIONS!**

- *(I control them vs They control me)*



Q&A: LET'S ANSWER ANY QUESTIONS YOU MAY HAVE ABOUT THE FRAMEWORK

The Anatoliah Challenge

1. WHAT WAS THE BEST DECISION I MADE TODAY?
2. WHAT DECISION COULD I HAVE MADE BETTER TODAY?
3. WHAT DID I LEARN FROM BOTH DECISIONS?

School Days	Monday	Tuesday	Wednesday	Thursday	Friday
Today's Reflection Completed?	Yes / No	Yes / No	Yes / No	Yes / No	Yes / No

The Anatoliah Pledge

I WILL COMMIT MYSELF TO OPENING MY HEART AND MIND,
TO BECOME A BETTER STUDENT.
I WILL FACE ALL OF MY CHALLENGES, IN AND OUT OF SCHOOL,
WITH LOVE, HOPE, AND PURPOSE!



www.Anatoliah.com



Why Decision-Making Matters Now

With social media shaping how students interact, many face constant peer pressure and comparison—often without a clear framework to process those experiences or manage their responses effectively.

Investing in Stronger Student Decisions

The Anatoliah Experience is designed to be delivered as a focused, high-impact experience within a single school day—allowing schools to reach multiple student groups while maintaining consistency in message and engagement.

Full-Day Student Experience Investment: Three 45-minute Sessions - \$2,100

- ✓ *Maximize student reach (typically 80–240 students)*
- ✓ *Maintain consistency across multiple groups*
- ✓ *Support grade-level or targeted group implementation*

What's included?

- ✓ *3 sessions (same day), travel and lodging expenses, & take-home guided sheet*

Flexible Implementation:

I understand that every school has unique scheduling needs and priorities. I'm always open to structuring the experience in a way that best supports your students, whether that involves specific group sizes, timing adjustments, or program focus.

Want to learn more? Please visit: www.Anatoliah.com