



ANATOLIAH

A DECISION-MAKING SYSTEM

Created by Berklee-educated founder Chelo, *The Anatoliah Experience* is a **decision-making** 45-minute presentation that introduces students to a clear 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.

Capacity: Designed for leadership classes or student groups of 30–80 students per session.

Who is it designed for?

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

AV Requirements

Wireless microphone for assembly format

"Students expressed how much they enjoyed the presentation."

*- Principal James Lampron,
Somersworth Middle School, NH*

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

*- Principal Alfaye Floyd,
Robinswood Middle School, Florida*

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

Reinforcement materials included for continued reflection

The Anatoliah Decision-Making Experience

Since 2012, The Anatoliah Experience has equipped thousands of students nationwide with a practical framework for strengthening self-awareness, personal accountability, and student leadership.

Early in his journey, Chelo was presented with two very different opportunities: an audition for *America's Got Talent* and an invitation to speak with incarcerated youth. He chose the latter. That decision became a defining moment in his work and deepened his commitment to helping young people develop the mindset and decision-making skills needed to lead themselves well.

Today, he brings that same commitment into middle schools through The Anatoliah Experience, helping students understand how **focus**, **self-talk**, and **emotions** shape the **decisions** they make each day—and how those decisions influence peer behavior, leadership, and school culture.

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 5-Day Reflection**, 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 ANATOLIA, AND TODAY'S PURPOSE!

THE ANATOLIAH FRAMEWORK:

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

- *(Clarity vs Distraction)*

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

- *(Positive Chats vs Negative Chats)*

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 5-DAY REFLECTION

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

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

THE ANATOLIAH STUDENT 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

Middle school students are at a pivotal stage where habits, identity, and social influence begin shaping long-term behavior. They face peer pressure and comparison — often without a clear framework to process and manage those experiences.

Investing in Stronger Student Decisions

The Anatoliah Decision-Making Experience is a strategic investment in strengthening student behavior, leadership, and school culture. Travel expenses within the continental US and take-home material cost included.

Full-Day Student Experience: Three 45-minute Sessions - \$3,750

- ✓ *Allows the school to reach 90–240 students in a single visit.*
- ✓ *Ideal for leadership tracks, multiple grade levels, or several student groups.*

Half-Day Student Experience: Two 45-minute Sessions - \$2,750

- ✓ *Allows the school to reach 60–160 students in a single visit.*

Single Leadership Session: One 45-minute Sessions - \$1,500

- ✓ *A focused experience for one leadership group or classroom.*

Request availability

To inquire about scheduling or to learn more, please visit:

www.Anatoliah.com