



# ANATOLIAH™

— T A L K —

EVERY  
DECISION  
HAS A  
ROADMAP,  
*What is yours?*

RAIDER



FOCUS



SELF-TALK



EMOTIONS



DECISIONS

**PRESS KIT**

— 2026-2027 EDITION —

[WWW.ANATOLIAH.COM](http://WWW.ANATOLIAH.COM)

# Why Students STRUGGLE WITH DECISION-MAKING

Students at every stage face unique challenges that influence the choices they make. Understanding the “why” is the **first step** to helping them make better decisions.



## GRADES 5–8

Middle school students are navigating identity, friendships, and social pressure. **They often react to the moment instead of making intentional choices.**



## GRADES 9–12

High school students face more responsibility and more pressure from academics, peers, social media, and future decisions. **Their self-talk, stress, and emotions strongly influence the choices they make.**



## COLLEGE STUDENTS

College students experience new freedom and new challenges every day. **Success depends on managing priorities, emotions, relationships, and daily habits.**

**STUDENTS ARE OFTEN TAUGHT WHAT DECISIONS TO MAKE.  
ANATOLIAH TEACHES THEM HOW DECISIONS ARE MADE.**

# The ANATOLIAH ROADMAP

A simple, proven process that helps students understand the internal steps behind every decision they make.

## 1 FOCUS

What am I paying attention to?

Students learn how attention shapes perception and influences decision-making.



## 2 SELF-TALK

What does it mean to me?

Students explore how self-talk influences confidence, emotions, and behavior.



## 3 EMOTIONS

How does it make me feel?

Students recognize how emotions can strengthen or weaken decision-making.



## 4 DECISION

What am I going to do?

Students apply the Roadmap to make more intentional choices.



The Anatoliah Roadmap gives students a clear, repeatable process to pause, reflect, and respond—so they can make better decisions and create better outcomes.

AWARENESS • INTENTION • ACTION • GROWTH

*The Anatoliah*

# TALK BREAKDOWN

An engaging, interactive, and high-impact experience that empowers students to make better decisions—every day.



## THE TALK'S SEQUENCE



### 1. CONNECTION

A lucky student will be called upon to win a prize by answering in what country is the original town of Anatolia. Afterward, Chelo will share how deciding to speak to a group of incarcerated youth instead of continuing on America's Got Talent, gave birth to ANATOLIAH.



### 2. THE ROADMAP

Students learn how focus, self-talk, and emotions influence the decisions they make every day.



### 3. SPEAK YOUR MIND (Q&A)

Students leave the opportunity to ask questions, share thoughts, and connect real-life situations to the roadmap.



### 4. THE 5-DAY CHALLENGE

Students leave with a practical challenge designed to reinforce awareness, accountability, and positive school culture.



### 5. CLOSE OUT

Students will stand up and recite the Anatoliah Leadership Pledge.

# WHAT THEY ARE SAYING

Real Impact. Real Results.



From colleges and nonprofits to public schools, educators continue to share the impact of the **Anatolia Rodmap**.



“

“I just wanted to say thank you again for our great presentation. I look forward to future endeavors!”

— Assistant Principal Western  
Kissimmee Middle School



“

Chelo, thank you for taking the time to inspire our young female group in such a deep manner! May God bless your every step.”

— Volunteer Coordinator Matos  
The BETA Center



“

“The story about America’s Got Talent really made me think about what is truly important in life.”

— Jermain, 7th Grade Student  
Meadow Woods Middle School,  
Orlando, FL



“

I’m thrilled by how you engaged with our students and the sheer relevance of the material presented!”

”

— Dr. James, Principal  
Hartsville Middle School, South Carolina



**MOTHERS**  
FOR JUSTICE & EQUALITY

“

As a national advocate against youth violence, I love the work Chelo is doing around the country!”

— President & CEO Monalisa Smith  
MJE, Boston, MA



“

I was genuinely impressed by how effectively you captured their full attention. They had a great time and found it to be a highly valuable learning experience.”

— Principal Brown  
Nokomis Middle School,  
Newport, Maine



“

“I just want you to know that you inspired me to be the first person in my family to attend and graduate college. THANK YOU!”

— Rashida, 8th Grade Student  
Stone Middle School,  
Fairfax, VA



“

I now have a better understanding of how to make better decisions in school.”

— Catto, 7th Grade Student  
Somersworth Middle School,  
Somersworth, NH

# Why Book with **ANATOLIAH?**



A powerful roadmap. A practical experience. Real impact for students and schools.



## **A ROADMAP STUDENTS CAN APPLY IMMEDIATELY**

Students leave with a practical process for understanding how focus, self-talk, and emotions influence their decisions.



## **SUPPORTS SCHOOL CULTURE INITIATIVES**

The Anatoliah **Roadmap** reinforces awareness, accountability, respect, gratitude, and positive peer relationships.



## **DESIGNED FOR REAL-WORLD STUDENT CHALLENGES**

Addresses the issues students face every day—social media, peer pressure, self-esteem, leadership, communication, and decision-making.



## **EXTENDS BEYOND THE WORKSHOP**

Students leave with a challenge, a pledge, and a common language that can continue in classrooms, at home, and across extracurricular programs.



**ANATOLIAH** is not designed to tell students what decisions to make.

It is designed to help them **understand how decisions are made.**

# ONE-OF-A-KIND *Experience*

Perfect for leadership groups, AVID,  
student ambassadors, **student athletes**,  
clubs, and mentoring groups.

## INCLUDES



**THREE**  
45-MINUTE  
SESSIONS



**TRAVEL**  
INCLUDED



**5-DAY**  
CULTURE  
CHALLENGE

## INVESTMENT

# \$2,500



No deposit required to book Chelo.  
Set a date aside by texting **407-953-2110**