



ANATOLIAH™

— WORKSHOP —

**EVERY
DECISION
HAS A
FRAMEWORK.**

What is yours?

FOCUSED
MONDAY

TALKING
TUESDAY

HEART
WEDNESDAY



DECISION-MAKING
SKILLS



CHARACTER
DEVELOPMENT



LEADERSHIP &
CONFIDENCE



STRONGER
SCHOOL CULTURE

PRESS KIT

— 2026-2027 EDITION —

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.

At every stage of life, better decisions begin with greater awareness.

The ANATOLIAH FRAMEWORK

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.



BETTER DECISIONS

Better Outcomes

3 EMOTIONS

How does it make me feel?

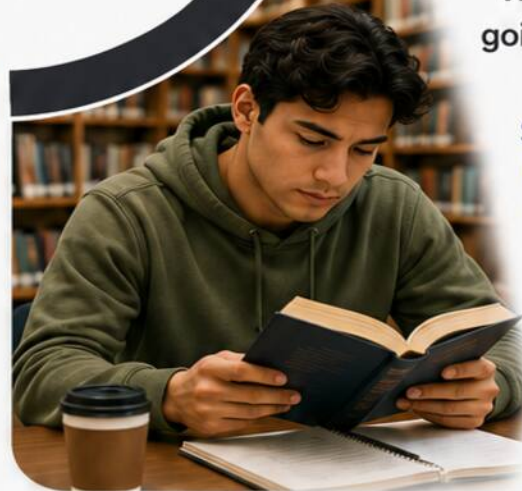
Students recognize how emotions can strengthen or weaken decision-making.



4 DECISION

What am I going to do?

Students apply the framework to make more intentional choices.



The Anatoliah Framework 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 45-minute WORKSHOP BREAKDOWN

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



THE WORKSHOP JOURNEY



1. CONNECTION

A lucky student wins a prize by correctly identifying the location of the original Anatolia. This engaging introduction sparks curiosity and sets the stage for students to explore the connection between awareness, decisions, and outcomes.



2. THE FRAMEWORK

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



3. SPEAK YOUR MIND (Q&A)

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



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 Anatolia 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 Framework**.



**ROLLINS
COLLEGE**

“

“He was able to inspire our students to tap into their inner-self and allow their light to shine and empower other students.”

— Dr. Zakia Brown
Assistant Director of Diversity
Rollins College, Winter Park, FL



“

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



“

“I was moved by how much our students deeply enjoyed Chelo’s visit. The experience was transformative.”

— Assistant Principal Rodgers
Everett Alvarez High School,
Selenas, CA



“

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



“

Your story about the pirate made me laugh and think about making better friends.”

— Pam, 8th Grade Student
Nokomis Middle School,
Newport, Maine

Rock Springs



Elementary

“

Our 5th grade teachers conveyed that the workshop was one of the best ever!”

— Counselor William-Mathurin, Ed.D
Rock Springs Elementary,
Apopka, FL



“

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

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

Why Partner with **ANATOLIAH?**



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



A FRAMEWORK 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 Framework 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.

Partnership OPTIONS

Flexible options designed to meet
the needs of your students, staff,
and school community.



OPTION 1 SINGLE WORKSHOP

- ✓ 45 Minutes
- ✓ Up to 100 Students
- ✓ Interactive Worksheet Included
- ✓ 5-Day Challenge Included

\$899



OPTION 2 TWO WORKSHOPS

- ✓ Two Workshops
- ✓ Up to 200 Students
- ✓ Interactive Worksheets Included
- ✓ 5-Day Challenge Included

\$1,599



OPTION 3 THREE WORKSHOPS

- ✓ Three Workshops
- ✓ Up to 300 Students
- ✓ Interactive Worksheets Included
- ✓ 5-Day Challenge Included
- ✓ PTA Evening Parent Session Included

\$2,300



*Travel included
with all plans*



407-953-2110



Chelo@Anatoliah.com



www.Anatoliah.com