

# ANATOLIAH

By *Chelo*

Helping middle school students understand how **focus**, **self-talk**, and **emotions** shape their decisions.



## FOCUS

Stay on what moves you forward.



## SELF-TALK

Speak to yourself like it matters.



## EMOTIONS

Understand them. Manage them.



## DECISIONS

Make choices today that shape tomorrow.



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## A Structured Approach to Improving Student **Decision-Making**, Behavior, and School Culture

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## The Anatoliah Presentation

A 45-minute structured and engaging student session that improves decision-making in and out of school.

## The Problem

Many students struggle with focus, self-talk, & emotions, which impacts decision-making & school culture.

## What Schools Can Expect

Improved decision-making  
Reduced reactive behavior  
Increase personal accountability

## The Anatoliah Framework

Anatoliah guides students through a simple decision-making framework:

**Focus** → **Self-Talk** → **Emotions** → **Decisions**

Students learn how focus is the engine that shapes their academic and life decisions.



## Format

Schools can choose the group size and setting that best fits their goals.

## Investment: \$2,100 & Covers

- ✓ Three 45-minute sessions for the day
- ✓ Travel expenses within the continental U.S.
- ✓ An 8.5x11 guided sheet they can use at school and at home
- ✓ A 5-Day Challenge to reinforce the framework during school

## Background

- ✓ Berklee College of Music-educated presenter
- ✓ 14+ years of experience in middle school settings
- ✓ Delivered to thousands of students nationwide across diverse school communities.

## Next Step

Select your preferred option: [www.Anatoliah.com](http://www.Anatoliah.com) or [Chelo@Anatoliah.com](mailto:Chelo@Anatoliah.com)