



Q.U.E.S.T. FOR KIDS

"I SEE YOU"

Thought Choice Awareness Youth Leadership Program
2016

The Inspiration behind the "I See You" youth program

Catherina O’Gorman (Founder of Think Love) and the creator of the “A Q.U.E.S.T. for Greatness Program (Think Love Global’s Education) including the "I See You" youth program, has a dream. A dream to have the Think Love Q.U.E.S.T. FOR KIDS "I See You" youth program taught in schools and organizations around the world. With her equally determined and dedicated life partner/husband Gerry, and the dedicated Think Love Team by her side, together as one powerful force of love they live, to see the current education system transformed into teaching ‘self love’ as a strategy for living a life of love/acceptance/peace/harmony.

Catherina’s unwavering life’s legacy and belief is to enable every single young person on the planet to realize how valuable they actually are. In essence to feel safe to speak their truth, to be seen, heard, acknowledged and loved for who they authentically are.

Inspired and dedicated to make a massive difference in in the lives of children, based on her own challenging and often painful childhood experiences, she vividly recalls at age 11 yrs being ‘seen’ by Miss Perahe her intermediate school teacher (which Catherina says) caused her to rise up and ‘be the best she could be!

She believes It takes just ONE person to make all the difference in another human beings life! It is her personal commitment to be that ONE and the commitment of the entire Think Love Education Team to follow her lead in love as a way of being!

Think Love "/> See You" youth program

The Think Love / See You youth programs create a space for young brilliance to blossom, helping young people to understand how to manage their mind and live from the heart. Thus tapping into their personal genius, enabling the direction of their lives to be unlimited in possibilities.

We remind them to see that they are NOT their thoughts, feelings and emotions. We arm them with practical skills and strategies to create conscious LOVING thoughts that then create the loving speech behaviours and experiences they desire vs. those they don't desire. We assist them focus on what they love about themselves and their lives and remind them they have the power to create their dreams.

Think Love partners with schools/charities and youth organizations all over the world working hand in hand to develop scalable and sustainable programs of youth development, leaving a true legacy of empowerment.



About Think Love

Think Love is a company committed to the Education of “Thinking with your heart and loving with your mind. So as to assist all manage their mind and live from the heart.

It is a global movement existing in the world to remind and connect us to our true selves, Love.

When you Think Love you become one with the vibration of Love/peace.

Love of ourselves, love of those around us and love of our lives and the planet on which we live.

Through true self-love and acceptance, we are able to deepen our love of others and create lives of true purpose and meaning.

When we make our decisions and choices based on true love of self, we start to embody the greatest truth. We are all one.



Seeing youth today



Young people across the planet are yearning to wake up to their own ability to be influential and make a real contribution to the world. Through the power of the internet and social media, they are reaching out far and wide, connecting in new ways, thinking differently and sharing messages of love and creativity like never before.

The Think Love Team embodies love as a way of being. acknowledgement, encouragement and a powerful platform through our *I See You* youth program. Where we encourage these powerful exchanges to not only continue but to expand into their lifetime and to sustain young people throughout their life choices, enabling them to remain true to themselves, love the lives that they live and live lives that they love!



Through the Think Love, I See You program it is our intention to create a deeply embodied understanding of loving yourself first. Through true self love, the possibility of loving others and the planet is naturally remembered deep within as our authentic way of being

Catherina O’Gorman, Founder of Think Love

I See You – The foundation of community



"I see you" is fundamentally a question of character. It is about human love, generosity, inclusiveness, and honest intent!

I see you comes from the wisdom of the Bantu people's of Africa. In that culture, people greet each other by saying "I see you" To say "I see you" means " I acknowledge your individuality." It is to say, "My humanity is caught up, is inextricably bound up, in yours".

We bring this profound concept into our work with young people across the planet. Seeing, hearing and feeling them for the truth and brilliance of who they are and acknowledging the important role they play in the lives of those around them.

I see me and therefore you...



When we look at others, what do we see? Do we see an individual, or do we see age, gender, race, politics, religion, disability, national origin, or sexual orientation? Do we see a member of an "out group" or an "in group"? Or do we really see the uniqueness. The power, the gifts of every diverse individual? Perhaps we don't see them as much as we see our own ideas, preconceived notions, and maybe even biases about them.

We all know when someone is "putting on", when we are dealing with the person himself or a fake front. The question is, Am I that kind of person? Or am I one who looks upon others with genuine, authentic respect?

By connecting young people with their own truth and thought awareness, they are able to see others around them in the same light and form genuine, authentic relationships.

Seeing young brilliance



In this journey to personal awareness, self-love therefore self-confidence, each young person is guided through the process of **being seen** which inspires them to **see** themselves, **love** themselves and then **be** their true self. We use the Q.U.E.S.T. model combined with heart centred exercises, and interactive group work to help them to connect with their uniqueness, their ability to think in new ways and with their inner genius & passion.

We anchor in this self love with Think Love Vibe Wristbands that synchronize with them with classmates, friends and family— reminding them on a daily basis and with every vibration of their own truth, love and connection.

Each young person is fully seen, fully heard and fully acknowledged for who they authentically.

We inspire them to confidently know that "who they are" is love. We lead by example and show them that they can create a life they love by forming a daily habit of simply 'thinking love' about themselves and the people around them. True success in life is being authentic and true to themselves. "To Thy Own Self Be True" is the intended legacy of this powerful program.

We can do better – we MUST do better

Each child is love at their core and therefore a genius in their own way. We believe it is up to us to enable this genius to arise in all its forms, through affirming the truth of who they all are. That is our self-responsibility as not only adults, moreover conscious guides to enable the youth on this planet to rise up and to feel loved, lovable and know that they are loving. Most of all for them to realize "Who they are being makes all the difference", and that they are unique and precious.

- One in three unemployed people across the globe are between the ages of 15 and 24 (International Labour Organisation, 2011)
- One third of young Americans are arrested by the time they are 23 (National US Youth Survey, 2008), 70,000 school-age children in the UK enter the youth justice system every year (CIVITAS Institute for the Study of Civil Society 2010) and although specific statistics are hard to come by, it is generally agreed that the levels of youth crime in many other countries appears to be on the rise.
- Globally, 180 million young people between the ages of 10-24 live with a physical or mental health disability. 80% of these young people live in the developing world and are among the poorest and most marginalized. (Asia Pacific Disability Rehabilitation Journal, 2004)

How the *I See You* program works

Know Yourself

‘I see you, hear you and feel you’

- You are more than your thoughts and feelings – you are the author of your inner world
- Developing your inner wisdom and intuition
- Connecting with your biggest vision for your future
- Creating personal truth statements
- Anchoring a daily habit of self love with the Think Love wrist bands

Love Yourself

‘In loving me, I am able to love you and my world’

- Self love is the journey to life long self confidence and healthy self-esteem
- Clearing old limiting beliefs that create anxiety and depression
- Life lessons and understanding the ‘gift’ in all the challenges along the way
- New role models for an authentic life
- Life leadership, claiming personal responsibility

Be Yourself

‘Live true, live strong, live love’

- Living your journey from your truth every step of the way
- Integrity as your inner compass
- Creating from your personal genius
- Living an entrepreneurial life
- Creation of an ‘inspired life plan’
- Celebration and initiation as a Think Love ambassador

Real stories from the / See You Program



“The think love wristbands vibrate for one second randomly up to five times daily to remind us to think love which anchors the teachings of the program assisting us be more sustainable over time until love becomes our way of life. Synchronizing the wristbands to vibrate together is fun, it connects the group and makes us more powerful in our intention. As we all know - together we are stronger.”

“ In a busy world, I get a few seconds to think of and love myself”

“The bands remind me to love myself as well as others”



The impact we are making

The *I See You* program has the power to shape a young person's life in extremely transformative ways. We are committed to arming them with practical life skills that will enable them to be emotionally, spiritually and physically healthy individuals and true leaders in love of who you are.

To demonstrate this, we extensively assess each experience youth have in this program to formulate both short and long term lasting effects.

We will....

- Evaluate where participating youth are at the start and end of the *I See You* program in terms of their self-awareness, confidence and level of empowerment in their lives
- Ask participating youth to volunteer to create online blogs to journal their personal journey and evolution in their own words
- Collect case studies demonstrating how youth progress in their lives long after the initial *I See You* program has been completed
- Invite each youth participant to become part of the Think Love community as a Mentor or Ambassador themselves, or simply utilize us as their support family for the rest of their lives



Our invitation to you

The Think Love *I See You* Program is run globally and offers many opportunities for organizations to join and play their part in transformational and impactful youth leadership work. This program makes a positive difference in the lives of everyone involved, and truly creates a life long legacy—our trainers and volunteers, as well as the families and communities that are touched by the young people who participate.

We invite you to...

- **Become an *I See You* Program partner, sponsoring young people in your local community to take part in the *I See You* journey. We are inviting both business and community partners who desire to make a massive difference in the life of one young person at a time.**
- **Become yourself or offer volunteers & mentors to assist Think Love Coaches in running the *I See You* programs**
- **Sponsor Think Love "I see you" programs, Think Love "Vibe Wristbands" and other complimentary support items youth will receive by being part of the *the I See You* programs**
- **Provide a venue where an *I See You* program can be run**

Investing in our youth



I See You youth program includes:

- 2 full days of the *I See You* program delivered by our expert "Think Love" Coach
- Morning tea/lunch
- Tangible Tools to assist the youth in maintaining Thinking Loving thoughts as a thought choice throughout their everyday (as a practical strategy to combat anxiety/depression and stressful thinking), including Think Love Vibe Wristband, a Think Love journal and a Think Love T-shirt.
- Contact us to schedule program delivery

**For more information
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