

Paul Figueroa

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His Mission: To Prevent Violence in Homes, Communities, Schools and The Workplace



Select Topics

Helping young people move through most any challenge facing them

Educators, parents, children and child advocates rave about Paul Figueroa's **Key Notes, Breakout Sessions, Trainings, Assemblies and Workshops**. Paul gives your young people and/ or your staff effective tools that work! These concepts allow positive changes to take place and supports young people in making more in the future.

Each topic can be modified both in content and length to fit your needs.

Compassionate Leadership

Connecting youth with their personal values and vision. Supporting them to stay on track!

During the course of this powerful and inspirational session, Paul shares insights from his personal life, his 12 year career as a Police Officer / Detective and now corporate trainer, workshop facilitator and author. Paul links increased self awareness with true leadership. He explains the importance of holding the vision, demonstrating respect and acceptance through behaviors and shows how to lead by example and create positive change in the world, community, neighborhood and home.

Results Include:

- A clear idea of what they are passionate about
- Ease in unhooking and avoiding personal sabotage
- Increased self esteem
- Clearly defined goals and steps to achieve them

Gang Prevention

Helping youth avoid the trap and pitfalls of this fake "family."

Paul brings over twelve years of Law Enforcement experience to these sessions. Of those twelve years, he spent five years as a Detective, Pro-active Officer and "Street Gang Expert" in the Gang Unit for the King County Sheriff's Department in Seattle, Washington. He worked the streets gathering intelligence, worked directly with gang members and assembled felony and misdemeanor cases for the prosecutors office. Paul provides concrete insights and reasons why young people find this form of "family" important. He uncovers ways to help them resist the pull and effective strategies to prevent- and help them make a different life choice.

Results Include:

- Understanding why youth make this choice
- Concrete ways of steering kids away from gangs
- Community action through specific programs
- Easily recognizing early signs of gang affiliation

"Paul made a tremendous impact on our kids..."

After his program, the referrals for bullying and harassment were cut in half!"

Brian Freeman
Principal
Tahola School
District

Bullying Prevention

Helping you help the "Bully" to stop the behavior and helping the "Bullied" stand up and say NO!

Paul discusses what bullying is, and looks at why individuals choose to bully. Using demonstrations and an interactive approach, he shares insightful remedies to prevent bullying. He also shares strategies to help the bully heal, and stop the behavior. Plus he shares ways to effectively support the victim to stand up and say "No" from a place of power.

Results Include:

- Decreased incidents of bullying and being picked on
- Ease in identifying early signs of bullying
- Creating a safe space when bullying arises
- Help both the bully and the bullied find positive releases for anger

How Your Thoughts Create Your Reality

Encouraging positive behavior and helping young people to remember how truly awesome they are!

Paul discusses how core beliefs about who we are as human beings shape the choices we make. A person who thinks he or she is unimportant will make decisions in an attempt to prove that it's true. Paul also discusses how believing negative things about ourselves is actually lying to ourselves.

Results Include:

- Improved self esteem
- Increased number of positive choices
- More acceptance of self and others
- Improved leadership skills

"Wait, Did You Hear?" Gossiping Prevention

Helping you help the "Gossiper" to stop and helping the "Gossiped about" to not take it personally.

Paul explores the roots, causes, and outcomes of gossiping. Using demonstrations and an interactive approach, he reveals why people choose to participate in this negative behavior. He provides ways to know if you are participating in gossiping, and teaches effective ways to stop this harmful habit – and support others to stop, as well. He also provides tools to help the "gossiped about" not take it personally.

Results Include:

- Decreased gossiping in school and elsewhere
- Increased understanding why people choose to
- Detachment from being gossiped about
- Improved self esteem

"This year, after Paul's program we have less referrals!"

Greg Kroll
Principal
Kent School
District



How to Make Positive Choices for a Happier Life

Helping young people learn from mistakes and improve their sense of self.

Paul talks about the power of positive choices, and how to make them. He shares how to not feel bad for making a mistake, to learn, grow and move on. Using interactive theatre he helps the youth discover how the person with the most power to create change is them!

Results Include:

- Increase in personal accountability
- Increased self esteem
- Improved positive choices
- More honest and respectful of self and others

Positive Choices

Supporting youth to be accountable and know the one with the greatest power to change is them!

Paul talks about the power of choice and the different outcomes of positive and negative choices. He discusses the fact that the most powerful person is the individual, not someone else. He delves into reasons people make negative choices, provides effective solutions and support for sustained positive changes!

Results Include:

- Reduction in “Victim” mentality
- Less judgmental of themselves and others
- Increase in making positive life choices
- Increased self esteem

Understanding Anger

Paul shares how anger is energy and illustrated how it can be both positive and negative – it’s the choice we make with it that’s important.

Paul brings clarity to this often-misunderstood emotion. He discusses how anger is merely energy, and explores the choices all individuals have in dealing with it. He provides examples of safe ways to release anger and provides keys in how to deal with it effectively.

Results Include:

- Ability to release anger in positive ways
- Increased positive choices with anger
- Take responsibility for their own anger
- Create a safe space in the face of anger

“Paul’s segment ‘How to make positive choices for a happier life’ gives both teens and parents tools needed to make healthy decisions.

Teens are no longer victims of their situations, but empowered with tools to make things right!”

Nancy Fairbanks
WayOUT Program
Manager



Conflict Resolution – A Map to Solution

Paul uncovers what drives conflict and illustrates easy and effective ways to deal with and resolve it in powerful and positive ways.

Paul examines the nature and nuances of conflict, revealing the insight that conflict often isn't simply a disagreement or argument, but rather a deeper disconnect between people over a core belief, like whether or not someone is good enough. Paul shows easy ways to work through conflict and keep safe at the same time. A must for all ages!

Results Include:

- Early recognition of conflict
- Decrease in “arguing just to argue.”
- Improved self esteem
- Decrease in harmful conflict

Violence Prevention

Paul illustrates the many causes of violence, and discusses why people choose it. He provides easy SECRETS to breaking the momentum and how to be safe.

Paul uncovers several underlying causes of violence and provides effective solutions. He illustrates how prevention is the key and how positive choices along with strong – positive internal beliefs- can change the outcome. He uses kinesthetic concepts to help youngsters lead less violent lives.

Results Include:

- Ease in identifying the early stages of violence
- Decreased violence at your location
- Increase in youngsters making positive choices that defuse violence
- School culture more accepting of non-violent choices

Structure, Who Needs Structure?

Paul helps kids and adults look at the importance of structure and ground rules and why it's crucial for them to be applied consistently.

Paul shows the importance of structure and ground rules. He illustrates why it's important for them to be applied consistently and shows how internal drivers set up obstacles to receiving and applying structure. He helps kids and adults uncover their own hurdles and shares how to create and accept loving structure that's appropriate for any situation.

Results Include:

- Decreased “Hassling” over structure
- Ease in applying appropriate structure
- Create safer and more thriving learning environments
- The use of wonderful “teachable” moments

This is important work, with advantages for all of us!

I whole heartedly endorse this program!

Joan Johnston
Educator of
28 years
Highline School
District

Positive Choices and Respect

During this insightful training Paul shares easy ways for (and to) help kids make better choices.

During this insightful training, Paul uncovers the power of choice. He illustrates how blaming is ineffective for problem solving, and explore how our choices can invite others to treat us poorly. He also shares the importance of respect, and how to obtain it.

Results Include:

- Increased respect for self, others and teachers
- Increase in making positive choices
- Ease in staying detached when someone is treating you poorly
- Better understanding of the true meaning of respect

Effective Teamwork and Inclusion

Paul shows the importance of teamwork and inclusion of other people's ideas and beliefs.

Paul shares concrete ways to - and actually improves - teamwork in your environment. He shows ways to help youngsters “count themselves in,” and supports them to continue. Paul uncovers the harm exclusion can do and the benefit to not only the group, but to the individual, of including other people ideas.

Results Include:

- Less conflict
- Increased sense of community and belonging
- Ability to “Agree to disagree” and still be respectful
- Ease in getting along with others while feeling heard and valued