

Fashion With Friday Academy
Fashion + Entrepreneurship Workshops For Creative Scholars

**WORKSHOP
WORKBOOK**

**WELLNESS WEEKEND
SEPT 2021**

#fashionwithfridayacademy
#fwfa_wellnesswknd

Fashion With Friday Academy
Fashion + Entrepreneurship Workshops For Creative Scholars

***founded in 2015 as an after school program**

Fashion With Friday Academy (FWFA)

is an independent, black-owned fashion + entrepreneurship academy that provides experiential and educational workshops for Creative Scholars (ages 9-15) who display a high potential for creative excellence with a deep curiosity for the world of entrepreneurship.

WELLNESS WEEKEND
SEPT 2021

For over 6 years, we've created numerous opportunities to connect Creative Scholars to their future career goals and interests through engaging workshops and experiential lesson plans that pertain to ownership/entrepreneurship, creative critical thinking, brand building, unconventional fashion design and peer collaboration. Each workshop is specifically designed to teach, encourage and support the next generation of entrepreneurs, creative leaders, thinkers & collaborators.

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WELLNESS WEEKEND

cultivating joy through...

self-reflection, self-care, self-expression & self-confidence

HELLO CREATIVE SCHOLARS!

Welcome to our Academy's 1st
Wellness Weekend!!

For this special 2 day Workshop, we're
encouraging you to think about what brings
you joy as we relax, breathe & live in the
moment together.

Feel free to utilize this workbook as a guide
+ journal throughout the weekend!

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2021 WELLNESS WEEKEND THEME: CULTIVATING JOY!

GOALS + OBJECTIVES:

To provide experiential education on holistic wellness practices for FWFA Creative Scholars during their transition into a new academic/creative year. During this workshop series, we will focus on the 4 main pillars of wellness: mental, emotional, physical + spiritual.

WELLNESS WEEKEND SCHEDULE:

DAY 1: SUNDAY, SEPT 26 | 12:00PM - 5:30PM EST

DAY 2: SUNDAY, SEPT 26 | 1:00PM - 5:30PM EST

HOW TO PREP:

- * PRINT YOUR WORKBOOK + REVIEW THE PORTAL
- * PREP A CLEAR + CALMING SPACE WITHIN YOUR HOME, NEXT TO YOUR COMPUTER
- * GATHER ALL PREP SUPPLIES VIA THE PREPARATION EMAIL!

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What are affirmations?

Affirmations are uplifting thoughts or statements that we tell ourselves to raise our self-esteem and boost our confidence. These statements are affirmative and reflect how we wish to view the world, ourselves and our circumstances.

What is the purpose of affirmations?

Empowering affirmations help to strengthen our confidence + internal dialogue.

Excercise:

Write the answer
to your Wellness
Journal Prompt

Journal Prompt:

I cultivate joy through....

AFFIRM + ALIGN

**WELLNESS WEEKEND
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SELF REFLECTION W/ ADRIANA ADELE

Practices for Me:

What's your favorite season and why?

What are 3 songs lift or shift your mood?

What's brought you joy recently?

WELLNESS WEEKEND
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SELF REFLECTION + JOURNALING

WELLNESS WEEKEND
SEPT 2021

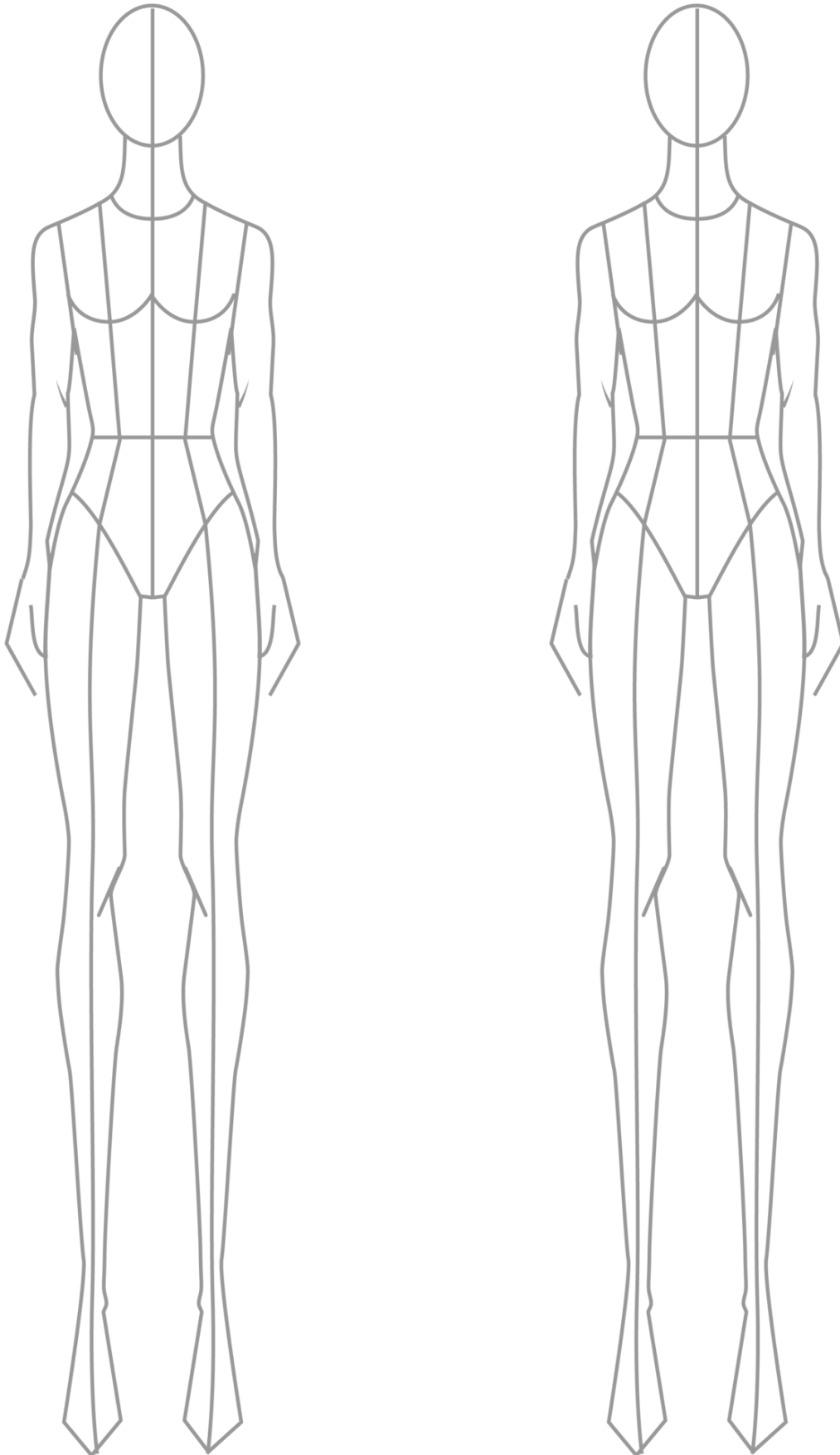
Print as many reflection pages as you'd like!
Utilize this space to write your thoughts.
Don't over think it. You got this.

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We're working wellness on the runway this weekend,
design a fun look that either:

1. showcases your favorite affirmation (encouraging phrase, motivating statement, empowering words)
2. a look you would wear to showcase your social change role (healer, disrupter, weaver, etc.)

DESIGN PAGES



WELLNESS WEEKEND
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SELF CONFIDENCE W/ ROCKY COLLINS

What brings you JOY?

How do you build a brand inspired by your personal JOY?

How do you find the confidence to pursue your passions?

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Write some questions that you may have...

Q.

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A.

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date:

NOTES

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