



# TWA Heroes

Introduction to our work.



Square one is the beginning of your journey with us and we encourage those whom we work with to use this as their starting point, we also use Square one regularly to reflect back to.

Key Quote: "The longer you live in the past, the less future you have to enjoy"

## Respect



We promote and encourage the people we work with to respect each other. One of our biggest topics that incorporates this is relationships.

*HU way of respect:*

Person (1) - "Respect to you geezer!"

Person (2) - "No, Respect to you geezer!"



## Zones of life



Living life is easy when you're in the comfort zone. We identify and challenge those we work with to stretching themselves to live in the different zones.

Comfort Zone	Stretch Zone	Panic Zone
With friends/family Chilling or doing activities you enjoy.	New people. Activities such as presenting.	New people. Activities such as interviews.

Questions to consider:

- Which zone do you think you live most in?
- Why might it be important to step into the panic zone?

## The Life Line



It's very common when we ask the question "what is most significant here?" many people tell us the name (Michael Jackson) because he was a famous pop singer ... but their wrong.

Many people guess it's due to the dates - but their wrong.

We've even had some people state it's a grave therefore its significant because we must remember him - they're all wrong.

The most important part of that grave is the 'dash'. Everyone will have a dash and the dash represents the activities, challenges and everything else they did in their life.

Part of our role is to inspire young people to do as many different activities as they can, so we show them videos on YouTube ([www.youtube.com/peopleareawesome](http://www.youtube.com/peopleareawesome)) to give them inspiration on the activities they can do. We wouldn't advise they do all of them, but our aim is to ignite the spark in their brain to answer the question

"Before I die, what do I want to do?"

**Thank you for joining in our short session. We hope that with this handout and the information presented to you, you were able to get a clear understanding of what we do.**

Our Facebook, Twitter, Instagram and Snapchat are all available for you to browse on. Please like us and follow us for more information with regards to further opportunities. **Please do not hesitate to contact us with any questions or for more information.**

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