

PROGRAM GUIDE

The Unshaken Life Method™

Workshops and guided journeys for children, youth, adults and organizations

— THE —
UNSHAKEN LIFE METHOD™



KNOW WHO YOU ARE. SEE CLEARLY. LIVE ALIGNED.



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Delivered through Techwillow

Welcome

Organizations invest heavily in developing their systems. People are rarely taught how to intentionally develop themselves.

After 28 years leading technology and transformation work at organizations including Citigroup, Loblaw, Rogers and Capgemini, I saw that the hardest problems are rarely technical. They are human. Lasting change comes from addressing the root cause, and the deepest root causes sit in how people understand themselves. That insight became The Unshaken Life Method™, a practical framework that helps people build lives rooted in Identity, Clarity and Effort.

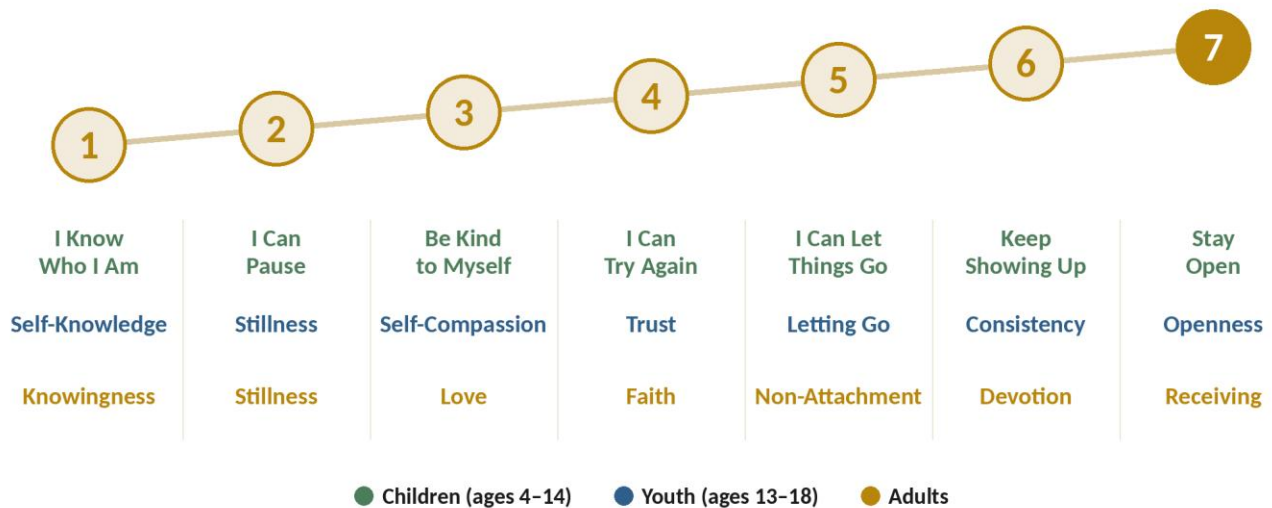
Every program in this guide is built on the same foundation, The I AM Unshaken Identity Path™: seven practices, taught in language that fits each age, from a Kindergarten classroom to a corporate team. Each one starts with a single introductory session and can grow into a deeper, multi-week journey.

Warmly,

Elizabeth Ainsworth

The I AM Unshaken Identity Path™

The same seven practices run through every program, as one path from knowing who you are to staying open to growth. Only the language changes with age.



Programs at a Glance

Each audience has an introductory session and a deeper follow-on program. Investment is in Canadian dollars.

Program	For	Format	Investment
■ I AM Unshaken – Primary Experience	K–Grade 8 (ages 4–14)	60 min, in person	\$750 per group; \$2,000 combined group (up to 100)
■ Knowing Who I Am™	Children, after the Primary Experience	7 weeks, live virtual	On request
■ I AM Unshaken – Youth Experience	Grades 9–12 (ages 14–18)	60 min, in person	\$750 per group; \$2,000 combined group (up to 100)
■ Identity & Leadership	Grades 9–12, in schools	8 weeks, in person	\$7,500 per class group
■ Leading With Confidence™	Ages 13–18, community groups	5 weeks, live virtual	On request
■ Returning to Who You Are™	Adults, workplaces and communities	7 weeks, virtual or in person	\$4,000 virtual; \$5,500 in person

How the programs connect

- 1. Children:** Primary Experience → Knowing Who I Am™
- 2. Youth in schools:** Youth Experience → Identity & Leadership
- 3. Youth in community groups:** Youth Experience → Leading With Confidence™
- 4. Adults:** Returning to Who You Are™, which can run alongside the children's and youth programs so parents and caregivers have their own track

Custom packages are available for multiple groups, multiple cohorts, or a bundle of introductory and follow-on programs.

CHILDREN

I AM Unshaken – Primary Experience

Kindergarten–Grade 8 (Ages 4–14) · 60-Minute Interactive Workshop

FOR SCHOOLS, COMMUNITY HUBS, CHURCHES AND CHILDREN'S PROGRAMS

Program Overview

The I AM Unshaken – Primary Experience is a 60-minute, in-person workshop introducing children to the first three practices of The I AM Unshaken Identity Path™: simple, memorable tools for self-knowledge, calm and self-kindness.

Delivered through storytelling, guided discussion and hands-on practice, the session gives children their first real taste of the Identity Path in language and activities suited to their age, while opening the door to the full seven-practice journey through Knowing Who I Am™.

Why This Matters

Children are already forming their sense of self, their emotional habits and their confidence, often without dedicated language or tools to help them do it well.

This workshop gives children a shared, age-appropriate vocabulary for who they are, how to pause before reacting, and how to be kind to themselves: three simple practices they can carry into the classroom, the playground, their programs and home.

The Three Practices

I Know Who I Am — Understanding and naming what makes me, me

I Can Pause — Noticing my feelings before I react

Be Kind to Myself — Treating myself with the same kindness I'd give a friend

Session Structure

Welcome & Framing (5 min)

Introduces the Identity Path as a set of simple tools children can carry with them, framing the session as the first step of a longer journey.

I Know Who I Am (15 min)

A guided activity helping children name a strength, interest or quality that makes them who they are.

Adapts by age: K–Grade 3 (ages 4–8) use drawing and show-and-tell; Grades 4–6 (ages 9–11) add short written reflection; Grades 7–8 (ages 12–14) discuss identity alongside peer and social influence.

I Can Pause (15 min)

A simple breathing or grounding practice children can use whenever they feel a big feeling coming on.

Adapts by age: Ages 4–8 play a guided breathing game; ages 9–11 connect it to real everyday moments; ages 12–14 connect it to the stress and pressure they already recognize.

Be Kind to Myself (15 min)

Discussion and activity on replacing harsh self-talk with encouragement: the same kindness they'd offer a friend.

Adapts by age: *Ages 4–8 use a friend-to-friend role play; ages 9–11 use a self-talk reframe worksheet; ages 12–14 discuss self-criticism around grades, appearance and performance.*

Closing Reflection (10 min)

Children choose the practice they most want to try this week, and the session closes by naming all three together.

Outcomes

By the end of this session, children will be able to:

- name and describe the three practices introduced in the session
- use a simple pause-and-breathe technique when feeling a big emotion
- identify one way to be kinder to themselves this week

Why It Fits Your Setting

- A single, easy-to-schedule 60-minute session that fits into a class visit, an assembly or existing programming
- Can be booked per grade or age group, so content and delivery are tailored to each band
- Complements existing social-emotional learning, character-building and wellbeing work already underway
- Introduces a shared language that teachers, staff and youth workers can reinforce long after the session

Delivery Options & Investment

Single Class or Group Session

One class or age group, delivered as a 60-minute in-person session.

Investment: **\$750 CAD**

Full-Grade, Whole-School or Combined-Group Session

A larger combined format (100 children maximum), delivered as a single assembly-style session.

Investment: **\$2,000 CAD**

What's Next: Knowing Who I Am™

WHERE THIS LEADS

For groups ready to go further, the Primary Experience leads naturally into Knowing Who I Am™, a 7-week live virtual program that builds on the three practices from the workshop and introduces the remaining four practices of the Identity Path. Weekly sessions give children an ongoing, deepening relationship with the Identity Path rather than a one-time experience. In community settings, it can also run as a parent-and-child offering.

The Seven Practices, in Full

Introduced in the workshop: I Know Who I Am · I Can Pause · Be Kind to Myself

Added in the 7-week journey: I Can Try Again · I Can Let Things Go · Keep Showing Up · Stay Open

Outcome: Children build a lasting, practical vocabulary for identity, emotional regulation and resilience, reinforced through seven weeks of live teaching, story and reflection.

Investment: Available on request, based on group size, schedule and delivery format.

YOUTH

I AM Unshaken – Youth Experience

Grades 9–12 (Ages 14–18) · 60-Minute Interactive Workshop

FOR HIGH SCHOOLS, YOUTH PROGRAMS, COMMUNITY HUBS AND CHURCHES

Program Overview

The I AM Unshaken – Youth Experience is a 60-minute, in-person workshop introducing teens to The I AM Unshaken Identity Path™: seven practical practices for self-knowledge, emotional regulation and resilience.

Delivered through guided discussion, reflection and hands-on practice, the session gives young people real tools they can use immediately, while opening the door to deeper work through a follow-on program.

Why This Matters

Teens are forming their adult identity while navigating real pressure, academic, social and personal, often without dedicated space to reflect on who they are underneath it all.

This workshop gives them a rare hour built entirely around that question, introducing seven practices they can carry into everyday decisions, relationships and challenges.

The Seven Practices

Self-Knowledge — Understanding who you are

Stillness — Awareness without immediate reaction

Self-Compassion — Acceptance and kindness toward yourself

Trust — Confidence in yourself and your own process

Letting Go — Releasing comparison and external validation

Consistency — Steady effort and discipline

Openness — Willingness to grow and take in new possibilities

Session Structure

The session is designed as a genuine overview rather than deep instruction on each practice. The seven are grouped into three clusters so participants get a real, if brief, experience of each idea.

Welcome & Framing (5 min)

Introduces the seven practices as one connected journey, framing the session as a first taste of a much deeper body of work.

Cluster 1 — Self-Knowledge & Stillness (15 min)

Guided discussion on identity beneath external expectations, paired with a grounding breathing practice.

Cluster 2 — Self-Compassion & Trust (15 min)

Guided discussion on self-talk and trusting oneself without needing certainty, paired with a short written reflection.

Cluster 3 — Letting Go, Consistency & Openness (15 min)

Guided discussion on comparison, follow-through, and facing an uncertain future with openness rather than anxiety.

Closing Reflection (10 min)

Participants identify the practice that feels most relevant to them right now, and the session closes by naming all seven together as one connected path.

Outcomes

By the end of this session, participants will be able to:

- name all seven Identity Path practices and describe what each means
- identify which practice feels most relevant to their own life right now
- leave with one practical tool, such as a breathing technique or a reframing exercise, they can use immediately

Why It Fits Your Setting

- A single, easy-to-schedule session that fits into an assembly, advisory period, class visit or existing youth programming
- Complements existing social-emotional learning and mental health initiatives
- Introduces a shared language and framework that teachers and youth workers can reinforce long after the session

Delivery Options & Investment

Single Class or Group Session

One class or youth group, delivered as a 60-minute in-person session.

Investment: **\$750 CAD**

Full-Grade, Whole-School or Combined-Group Session

A larger combined format (100 participants maximum), delivered as a single session.

Investment: **\$2,000 CAD**

What's Next: Two Follow-On Programs

WHERE THIS LEADS

Both programs pair each Identity Path practice with a practical leadership skill, so young people immediately apply what they learn about themselves to how they speak, listen and lead.

Identity & Leadership — for schools

An 8-week, in-person program for Grades 9–12, culminating in a live student Showcase.

Week	Identity Path practice	Leadership skill
1	Self-Knowledge	Authentic Voice
2	Stillness	Active Listening & Leading Discussion
3	Self-Compassion	Recovering From Mistakes While Speaking
4	Trust	Presenting With Confidence
5	Letting Go	Leading Without Needing to Be the Loudest

Week	Identity Path practice	Leadership skill
6	Consistency	Managing Conflict & Collaboration
7	Openness	Leadership in Action / Looking Ahead
8	Showcase & Celebration	

Outcome: Students build a genuine sense of identity alongside real leadership and communication skills, preparing them for college, career and community leadership.

Investment: \$7,500 CAD per class group for the full 8-week series. A complete facilitator guide with weekly session plans is available on request.

Leading With Confidence™ — for community groups

A 5-week, live virtual Communication & Leadership program for ages 13–18, delivered in weekly sessions.

Outcome: Participants build a genuine sense of identity alongside real leadership and communication skills.

Investment: Available on request, based on group size, schedule and delivery format.

ADULTS

Returning to Who You Are™

Adults · 7-Week Live Identity Journey

FOR WORKPLACES, COMMUNITY ORGANIZATIONS AND FAITH COMMUNITIES

Program Overview

Returning to Who You Are™ is a 7-week live identity journey for adults, built on all seven practices of The I AM Unshaken Identity Path™. Rather than teaching people to become someone new, it helps them reconnect with who they already are underneath the roles, the pressure and the noise, and begin living with more authenticity, confidence and purpose.

Delivered through guided teaching, journaling and discussion, the program gives adults a dedicated weekly space for the reflective work that everyday life rarely makes room for.

Why This Matters

Adults spend most of their time showing up for everyone else, at work, at home and in their communities, often without space to ask who they are underneath all of it.

This program creates that space: seven weeks of guided, practical work that builds a steadier sense of identity, more self-trust, and the tools to navigate pressure without losing themselves.

The Seven Practices, Week by Week

Each weekly session is built around one practice, with guided teaching, a journaling prompt and live discussion, so participants move through the full Identity Path together as a cohort.

Week	Practice	What it means
1	Knowingness	Knowing who you are
2	Stillness	Awareness without immediate reaction
3	Love	Self-compassion and acceptance
4	Faith	Trusting yourself and your own process
5	Non-Attachment	Letting go of comparison and outcomes
6	Devotion	Consistency and showing up
7	Receiving	Openness to growth and good things

Outcomes

By the end of this program, participants will:

- have moved through all seven Identity Path practices with guided teaching and reflection
- build emotional resilience and a steadier sense of self under everyday pressure
- leave with a practical, lasting vocabulary for identity, self-trust and intentional living

Why It Fits Your Organization

Workplaces

- A ready-to-run wellbeing offering that complements existing EAP, wellness or learning programs rather than replacing them
- Addresses identity, resilience and burnout in a strengths-based, non-clinical way that fits a workplace
- Builds a shared vocabulary for self-awareness and resilience that teams carry back into their daily work

Community organizations and faith communities

- A ready-to-run offering you can promote directly to the adults you already serve
- Addresses identity and emotional wellbeing in a strengths-based, non-clinical way that complements existing services
- Gives parents and caregivers their own track alongside your children's and youth programming

Runs virtually for distributed teams and wide accessibility, or in person for a more immersive cohort experience.

Delivery Options & Investment

Virtual Cohort

The full 7-week program, delivered live online.

Investment: **\$4,000 CAD**

In-Person Cohort

The full 7-week program, delivered on-site.

Investment: **\$5,500 CAD**

Custom packages are available for smaller groups, multiple cohorts, or a bundle with the Primary or Youth Experience.

Booking & About Elizabeth

Delivered Through Techwillow

All programs in this guide are booked and delivered through Techwillow's well-being program portfolio. Techwillow is an Ontario-based education company and an approved vendor on Ontario school board procurement and supplier lists. Schools, community organizations, faith communities and workplaces all book through one partner, with one standard process for proposals, scheduling and invoicing.

Next Steps

1. Choose the program and audience that fit your group.
2. Email Elizabeth at elizabeth@techwillow.ca to discuss group size, dates and delivery format.
3. Receive a Techwillow proposal, then confirm your booking for the introductory session or full program.

About the Facilitator



Elizabeth Ainsworth is an author, speaker and educator, and the Architect of The Unshaken Life Method™. She helps children, adults and organizations unlock their potential by identifying and addressing the root causes that hold people back, building lives and cultures rooted in Identity, Clarity and Effort.

Before devoting herself full-time to this work, Elizabeth spent 28 years leading technology and transformation initiatives at Citigroup, CGI, Loblaw, Rogers and Capgemini, including leading a global team of more than 100 people across five countries.

Books



I AM Unshaken — How to identify, accept and maintain your true self.

I AM Unshaken Companion Workbook — Reflect. Practice. Apply.

CLARITY — Create space, see clearly, and align your life.

Prayers I Don't Say Out Loud — A quiet practice for moving gently through the world.

Women, Work & Leadership (co-author) — Embracing courage and leading boldly from within.

Let's talk about what a program could look like for your group.

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