



INSIDE OUT IN REAL LIFE

Real strength begins within.

SEL-aligned • CASEL-aligned • Trauma-informed • Prevention-focused



OUR MISSION

Help young people understand what is happening on the inside before the world defines them from the outside. We build emotional awareness, healthy coping, communication, confidence, and responsible decision-making.

THE INSIDE METHOD



WAYS TO LEARN AND GROW



SIX-WEEK YOUTH PROGRAM | AGES 8-15

Guided group learning with girls' and boys' workbooks, emotional check-ins, activities, and coping practice.



INTERACTIVE WORKSHOPS | AGES 8-20

Online or in-person workshops adapted to the age group and needs of schools, libraries, and community organizations.



FAMILY CONNECTION WORKBOOK

Inside My Path to Joy: activities for children and caring adults. Available as a printed workbook or PDF.



ONLINE PARENT WORKSHOP | LAUNCHES NOVEMBER 7, 2026

A self-paced workshop created in Mindsmith that helps parents reinforce the skills children practice in the workbook.



MEET THE FOUNDER

Shakira Holloway

Founder, Author, Nurse & Emotional Wellness Educator

Nurse • Group Behavioral Health Facilitator • Qualified Behavioral Health Specialist • Youth Mental Health First Aid • CPR/BLS



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