



Universal Mom®



## An Introduction to Universal Mom®

Welcome to the home of Universal Mom®, where children and teens uncover their talents and brilliance through the art of writing.

My name is Ruth Klein, and I'm the founder of this organization. This is where we will have many articles for you to read, all centering on helping children and teens build their self-esteem and self-confidence.

As a soul-centered coach and branding expert, I know through experience as well as through my clients, that at the end of the day, the most foundational piece to living a successful and happy life and communicating effectively hinges on the person's self-esteem and self-confidence.

Universal Mom classes now forming. Our programs are specifically aimed at the emotional, mental and spiritual level for each age group.

- Ages 8-11
- Ages 12-14
- Ages 15-19



## Masquerade Ball & Book Launch

This event is set for Thursday evening, March 26th at the InterContinental Hotel in Century City.

It's a book launch for my 7th book, *Generation Why Not?® ...7 Principles to Living a Purposeful Business and Life, Driven by Attitude, Not Age.*"

Profits of the event to towards student scholarships for the **Universal Mom®** programs.

Get your tickets today: [eventbrite.com/e/83090053587](https://www.eventbrite.com/e/83090053587)

## Five Things Every Child and Teen Needs to Build Healthy Self-Esteem

Every child and teen wants very little, really. When it comes to building self-esteem and self-confidence, there are five important touchstones that every child and need requires for healthy self-development.

This checklist is the biggest gift you can give a child and teen. And you, the parents grandparents and teachers are the most important people to give these gifts to children and teens for healthy self-development!

- #1: They want to FEEL SEEN
- #2: They want to FEEL LOVED
- #3: They want you to LISTEN to them
- #4: They want to FEEL HEARD
- #5: They want to FEEL SUPPORTED