



## **The Leadership Initiative**

*(An Illinois 501(c)(3) - Not-for-Profit Organization)*

### **Saturday, Apr. 20, 2024, Session Summary - "The Power of Tea - Money Mgt."**

**When:** Saturdays – 10:00 a.m. until 12:15 p.m.

**Where:** Naperville North High School; ALIVE, Naperville Teen Center; or via ZOOM

#### **Calming & Medicinal Power of Tea – Money Mgt. Overview (Facilitators: Cooper, Davis, Demming)**

During Saturday's Mentoring Session, students in attendance were educated on the relaxing, calming and medicinal benefits of various Teas (E.g., Chamomile, relieves anxiety and helps one sleep; Green Tea, improves mood, energy and memory; Lavender Tea, soothes and calms nerves). Miss Cooper opened the segment by providing a brief history of The Power of Tea, students were then allowed to select a mug, design it to reflect their personality, then report on their creation with the group. Students were then granted the option of sampling a selection of Teas, based on their calming and/or medicinal purpose.

Mr. Demming and Mr. Davis closed out the session by delivering an overview on Money Management which focused on: Disposable & Discretionary Income; Smart Spending; Needs vs Wants; Budgeting; and Using Credit Wisely. Students were then separated into teams and given a group exercise which required them to agree on how to manage their respective Discretionary Income after monthly expenses had been paid. Each student was given pamphlets on Money Management and Investing.

Sincere appreciation is extended to Miss Cooper for providing the materials (I.e., Mugs, Teas, Tea Pot, Honey Sticks, etc.) which championed such an informative and outstanding presentation.

#### **Our Next Mentoring Session will be held:**

- **Saturday, April 27<sup>th</sup>, 10:00am – 12:15pm**
- **Naperville North High School - 899 N. Mill St., Naperville 60563**

**Topic:** **"Professional, Social & Dining Etiquette Practices..."** (Led by: Mr. Demming)

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**The Leadership Initiative** appreciates **Tax Deductible Donations**. All Donations are applied to Youth Programming, Field Trips, and Scholarships for Mentees graduating from both TLI's Mentoring Program and High School, and who demonstrate intent to further their education at the post-secondary level. Donations can be made by either mailing a check to: **The Leadership Initiative - 3440 Butler Walk, Naperville, IL 60564**, or by visiting our website at:

- <https://www.TheLeadershipInitiative2019.org> and clicking the **Donate** button.

**(Upon receipt of your Donation, a Letter of Confirmation will be forwarded for your records.)**

Questions pertaining to the content of this Summary may be forwarded to my attention.

Yours very truly,

*AD*

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