



קינג סולומון
K I N G
SOLOMON

IMPACT programme

**Inspiring and empowering
the next generation to lead with impact**



Nutrition

A healthy cooking course in which students discover a healthy kitchen and correct eating habits.

The course deals with important concepts from the world of nutrition and expands the concept of nutrition beyond being just "fuel for the body", but also exploring its significant emotional characteristics.

Media Literacy

This course teaches students to identify different types of media and the messages they are sending, how to view media objectively, and to discover and analyze what is being presented.

Public Speaking

Students will learn to present effectively in front of an audience. This course will examine various aspects of body language, content and delivery in public speaking .

Financial Literacy

Money is a powerful tool in our ever-changing world and the way we use it reflects our core values. Our four-session course will touch on the basics of understanding money and mastering the smart, efficient and ethical use of it.

Leadership in a changing world

Today's world is changing fast and is in constant motion.

Today's "truth" is quickly forgotten and becomes fake, and it is not clear where we are going and what the road is.

In such a reality, we must ask ourselves: what was right for us yesterday and what will serve us tomorrow as well?.

Leadership skills, accountability, creating groundbreaking thought patterns - this is what it takes to be the leaders of tomorrow.

Innovation - Destination Imagination

Student - driven challenges are designed to teach the creative process - a system of learning that is at the root of innovation and a student's ability to bring an idea to life. DI challenges encourage students to explore their passions, discover their unique talents and abilities, and learn new skills.

Crisis Management

We will explore the nature of crises and the adaptive ways to overcome them, as well as examine biographies of celebrities who have gone through crises in their lives and how they dealt with them. We will expand our toolbox to identify crises in our lives and know how to deal with them with sensitivity and determination.

Mindfulness

Students will learn how to focus their attention and calm their thoughts through practical tools and use of breath in the One Minute Meditation method (OMM). We will learn to foresee challenges and move resolutely towards goals, distancing ourselves from fear and anxiety and moving proactively forward. The course will include important knowledge, and especially tools and practice, so that at any point, students can focus on one minute of practice and succeed in fulfilling their goals.