School and College Interactive Sessions

Interactive sessions for students, educators, parents, and the wider school community



Mu-Ray (Courtney A. Kazembe)

Lawyer • Author • Transformational Coach • Founder of GIFTE

Discover what excites you. Act wholeheartedly. Practice, learn, and grow.

How do we help students focus, participate, and develop their potential when social media competes for their attention? These interactive sessions explore identity, choices, and learning through personal stories, practical exercises, and conversation.

Book a student session, teacher or parent workshop, full-day community workshop, or a series across the academic year. Programmes address digital distractions, participation, and learning spaces where students feel involved and capable.

What students will explore

- Self-worth beyond grades, labels, and other people's opinions.
- Practical ways to meet pressure, setbacks, and uncertainty.
- Thoughtful choices in relationships and online, including protecting time and attention for learning.
- Human equity, equitable access to human rights, and global contributions to civilization.
- Developing interests and abilities through action, practice, and feedback.

High schools: Examples focus on peer pressure, belonging, learning habits, and decisions about life after school.

Colleges: Examples focus on independence, relationships, academic pressure, and choices about work and purpose.

About the speaker

Mu-Ray (Courtney A. Kazembe) is a lawyer, transformational coach, and founder of the Global Institute for Freedom, Transformation, and Enlightenment (GIFTE). He is the author of I AM: A Guide to Awakening from the Programmed Mind and Living as Awareness.

Book website: www.theiambook.com

Explore further with I AM: The book explores identity, limiting beliefs, and conscious living, central themes of these sessions. Visit www.theiambook.com to learn more.

Enquiries

Email Courtney at courtney@kazembelaw.com with your audience, preferred topic, location, and proposed dates.

Five Sessions for Students

1. Discovering Your Authentic Self

More Than a Grade, a Label, or an Opinion

Who are you beyond your grades, inherited labels, and other people's opinions? Students examine how comparison and the search for approval shape their choices. In a guided exercise, they name a limiting label and identify a strength that it overlooks.

Takeaway: Recognize one strength and choose an action that expresses it.

2. I Can Handle This

Meeting Pressure and Setbacks

A difficult result or interaction can feel overwhelming. Students practice pausing, naming what is happening, and asking: What can I do next? Through an everyday scenario, they identify what they can influence and when to seek support.

Takeaway: Practice a brief pause and identify someone to approach for support.

3. Your Choices, Your Future

Integrity, Relationships, and Responsibility

Where is your attention going, and are your choices helping you build the life you want? Students explore group chats, peer pressure, boundaries, and interrupted study. They weigh consequences, rehearse a respectful response, and choose a digital boundary that protects learning.

Takeaway: Apply a decision check and choose one digital boundary to support learning.

4. Human Equity and Our Shared Civilization

Global Contributions and Equitable Opportunity

Students explore contributions to civilization across cultures and continents, including Africa and its diasporas. Whose achievements have they learned about or overlooked? Group discussion connects equal human worth with equitable access to human rights, education, and opportunities to contribute.

Takeaway: Recognize a contribution from another culture and propose one way to make participation fairer at school.

5. Achieving Your Maximum Potential

A Simple Formula for Meaningful Progress

Mu-Ray shares a powerful yet simple formula: discover what excites you, act wholeheartedly, and keep improving through practice and feedback. Students choose a meaningful goal, question a limiting belief, and plan their next step. They explore enjoying the process while staying open to how results unfold.

Takeaway: Leave with a goal, a practice plan, and someone to ask for feedback.

Workshops for Teachers

Who You Are Being: The Power of Presence

Who you are speaks louder than what you say. What do students learn from the way you listen, meet frustration, and respond to a mistake? Teachers explore presence, inner peace, and self-love, then work in pairs through a difficult classroom interaction. They practice pausing, listening, and responding with care while keeping expectations clear.

Central question: Who am I being, and what are my students learning simply by being in my presence?

Formats: A 45-minute keynote followed by discussion, or a 90-minute workshop with reflection and classroom scenarios.

Full Day Teacher Workshop

Centered, Grounded, and Present

An experiential day to deepen teachers' capacity to remain centered, grounded, and present while engaging students. Guided reflection and classroom scenarios explore how to respond to distraction, withdrawal, and reluctance to participate with clarity and care.

Teachers practice attentive listening, clear boundaries, and inviting student voice. They explore ways to make learning relevant and create space for questions, contribution, and effort. Each teacher leaves with a presence practice and one classroom engagement strategy.

Format: A full school day with agreed breaks. Suitable for professional development days and staff retreats.

Parent Workshops and Student Support

Parenting with Presence

Connection, Caring Boundaries, and Growing Independence

What does your child experience when they come to you with a mistake, a disappointing grade, or a problem you cannot immediately solve? This workshop invites parents and caregivers to notice how they listen and respond. It explores how to communicate love, encourage effort, and give young people room to develop judgment and independence.

In paired exercises, parents rehearse a difficult conversation and practice listening before giving advice. They explore caring boundaries around social media and study, encouraging achievement without tying a child's worth to grades, and working with the school when learning or participation becomes difficult.

Takeaway: Choose one conversation and one family habit to strengthen connection and support learning.

Format: A 90-minute interactive workshop, adapted to the age group and the school community. Suitable for parent evenings and family engagement events.

A New Beginning

An Interactive Session for Students Who Need Additional Support

A focused small-group session for students experiencing challenges with learning, relationships, or participation at school. Respectful dialogue helps students feel heard, question limiting beliefs about themselves, and consider how their choices affect their lives and relationships.

Students explore their strengths, rehearse a different response to a real-life challenge, and choose one meaningful next step. Planned with the school's student support team, the session combines care with accountability and connects with ongoing support.

Format: Small-group session. Duration, group size, and follow-up agreed with the school.

Community Workshop

Who Am I Being?

Awareness, Presence, and Choice

How are your thoughts, beliefs, and habitual responses shaping your life? This full-day experiential workshop invites participants to pause, examine how they are living, and explore who they choose to be.

Through guided reflection, paired conversations, and practical exercises, participants learn to notice their minds, recognize patterns that no longer serve them, and respond with greater awareness. They explore past choices with honesty and compassion, identifying opportunities to act differently in their relationships, work, learning, and everyday lives.

The day creates space to reconnect with what matters, practice new responses, and develop a personal plan for living with greater clarity, care, and purpose.

Central question: Who am I being, and what becomes possible when I choose more consciously?

Who it is for

Teachers, parents, caregivers, and students aged 18 and over. Available for a shared community group or a dedicated audience.

What participants take away

Identify one recurring pattern, practice a different response, and leave with a concrete commitment to carry into daily life.

Format and participation

A full day with agreed breaks, adapted to the institution and audience. Personal sharing is voluntary. Separate reflection groups can be arranged so participants have space to speak freely.

Booking and Enquiries

Contact us to discuss your school's needs and a suitable programme. Sessions include a planning call, audience adaptation, and Q&A within the agreed session length. Fees are provided on enquiry.

Your proposal will confirm the programme, schedule, fees, travel arrangements, and any optional book purchases.

Schools with limited budgets are warmly invited to contact us. Please share your available budget and preferred session so we can explore reduced-fee, shared-school, or sponsored arrangements, subject to availability and agreement.

How to book

Email courtney@kazembelaw.com with the details below. We will discuss your priorities and confirm availability, scope, fees, and arrangements in writing.

Institution and contact person: _____

Contact email and telephone: _____

Audience and attendance: _____

Preferred session or package: _____

Proposed dates and location: _____

Budget and access needs: _____

Venue and arrangements

- Suitable seating for the agreed audience.
- A microphone for larger groups.
- Presentation equipment, if agreed in advance.
- Student supervision provided by the host school.
- Prior agreement for recording or reuse of a session.