



WWW.PLETHORAGRP.COM



plethora
LLC™

WHERE PREPARATION AND PURPOSE MEET PERFORMANCE AND PASSION™

About Plethora

Plethora, LLC was founded in 2014 by Floria Smith, a Motivational 'Listener', who has a passion to bridge the gaps between youth and families through social and emotional learning strategies. While working with actors/actresses her Social and Emotional Intelligence was sparked. Thus, she gained popularity amongst the entertainment and education communities as well. Today, Plethora, LLC is striving to build a network of partnerships with private and public businesses, major corporations, private and public schools, nonprofits, government agencies, foster care agencies, faith-based communities and individual families. Plethora, LLC can definitely evaluate and enhance any existing program or offer something new and beneficial to young people. Reshaping the brokenness in families and helping youth become better stewards of their communities is Plethora's goal.

Contact Us:

Location: 700 E. Birch St. Unit 638 Brea, CA 92822

Phone: 562.708.6372

Email: myplethora3@gmail.com

Web: www.plethoragrp.com

'UNTAPPED' SOCIAL & EMOTIONAL LEARNING LIFE SKILLS

WHERE **SOCIAL INTELLIGENCE**
LEARNING BEGINS



WHAT WE DO

Social-emotional learning (SEL) is the process of developing self-awareness, self-control and interpersonal skills that are vital for school, work and life success. Plethora, LLC takes a holistic approach that focuses on creating a developmentally appropriate learning setting for youth and families; develop strategies that focus on forging positive relationships; building self-confidence; developing soft skills; cultivating trustworthiness and creating safe spaces.

Social-emotional learning is not new, and it has a well-established track record of helping youth to be more confident, happier and better learners. SEL is built on a foundation of five core competencies and related skills:

- Self-awareness, which means understanding your emotions and how they affect your behavior.
- Self-management, the ability to regulate your emotions and behavior as you work towards your goals.
- Responsible decision making, including taking ownership of both positive and negative results of those decisions.
- Social awareness or empathizing with others.
- Relationship skills, such as communicating clearly, listening and cooperating.

Plethora, LLC's unique value proposition is our passion, approach and relatability to all those who engage with our team and participate in our 2-4 hour workshops which are purposely designed to be delivered in a setting where participants can feel safe and comfortable sharing and engaging.

SOCIAL & EMOTIONAL INTELLIGENCE SOLUTIONS



“Understanding The ‘ABCU’ Secrets That Only Represent You (STORY)™ ”

Help families, through engaging conversations and activities, overcome barriers that may stem from personal issues caused by environments they associate themselves with, communities they live in and societal discrimination.



Self-Awareness and Being Mindful of Others

Help participants hone their self-awareness skills through mindfulness activities, role playing and engaging dialogues on the importance of showing empathy and kindness to others.



Making Better Decisions with Money

Discuss the difference between Simple Interest vs Compound Interest and the advantages of having a Better Understanding of Debt, Gross, Expenditure and Treasure (BUDGET).



Program Evaluation Services

Share tips on truly reaching different age groups.

WHY US?

Plethora's niche is being there for individuals who need/want someone to listen to them. We have the ability to relate to different groups of people and communicate with them in a way they can understand. Attendees are encouraged to understand “WHY” and “change their STORY” through group facilitation, engaging dialogue and hands on exercises. Plethora, LLC is a game changer for ‘untapped’ social and emotional intelligence that creates balance, trust, togetherness, self-awareness, empowerment and more importantly transforming how you see yourself today, tomorrow and in the future.

- ✓ We have Real Talk about the “genes” we inherited and the effect of “influence”.
- ✓ We have discussions about the TRUE cause of “sibling rivalry”.
- ✓ We're a liaison between children, families and therapists.
- ✓ We encourage young people to open up and communicate their emotional needs and social insecurities.
- ✓ We help families overcome racial, communication and bias issues.
- ✓ We teach individuals how to be effective, supportive and engaging models who take responsibility for their choices.
- ✓ We introduce young people to Financial Literacy and best practices for managing their money.
- ✓ Excellent resource for local worker hiring initiatives.
- ✓ Workers of different cultures and backgrounds will benefit from our services which will be helpful in being mindful of the words they use to communicate with each other and to build empathy amongst one another.



State of California Small Business Certified

