

Steve Von Hoene

Teen “Dream Life” Coach & certified “Dream Manager”



Steve Von Hoene has a passion for teenagers and has been actively working with teens for the past 15+ years

- father of three teenagers
- high school coach
- high school basketball official
- speaker and teacher of abstinence education programs for teenage boys and girls
- former high school mentor
- member of McNicholas High School Board
- certified speaker with Monster.com’s “Making It Count” college preparatory program
- certified “Dream Manager” with Floyd Consulting
- passionately committed to the successful pursuit of happiness for every teen

*“Thank you for the LifePREP program.  
It really helped me a lot with time management and allowed me to think about my dreams for the future.  
It will absolutely help me as I go to college and beyond.”*

*– Michael R. a participant in the program*



## Is your child ready to “Live the Dream Life”?

**LifePREP strives to prepare kids to:**

- Know their strengths, weaknesses, learning styles, personality types, and areas of interest
- Build healthy relationships and communicate effectively with both peers and adults
- Master life’s day-to-day challenges: personal finances (i.e. budgets, credit, investing/long-term planning), time management, problem solving, managing stress, influencing others, strategic planning, health & nutrition, government/politics, global awareness, social graces/etiquette.

The **LifePREP** program is designed to complement what you are trying to teach your kids at home in a fun, hands-on, interactive, and practical way.

It strives to provide both parents and teens with the tools, resources, and support to help kids succeed in life!

Visit us on the web at [www.LifePREP.com](http://www.LifePREP.com) or call 513.231.5277

Give a man a fish, and he eats for a day.  
Teach a man to fish, and he eats for a lifetime.

~ Chinese Proverb

## >> Personal Awareness

Knowledge of self and developing the attributes of discipline, contemplation, reflection, and deliberate living.

1. Your Purpose / Calling / Vocation (“Point B”)
2. Strengths & Weaknesses ( i.e. Myers–Briggs and StrengthsFinder 2.0)
3. Connecting to your Dreams – and how to achieve them
4. Building Confidence and a Positive Attitude

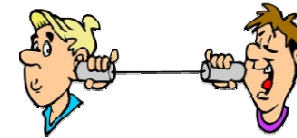
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## A “PIT” stop on Life’s journey

## >> Interpersonal Effectiveness

Communicating, building relationships, resolving conflicts, making positive impressions, and dealing with difficult people.

1. The Power of Perceptions & Opinions
2. Adapting to Communication Styles
3. Influencing Others
4. Ideal Communication Skills & Behaviors



## >> Tactical “Life-skills”

Managing their time, money, energy, activities, knowledge, and behaviors.

1. Living on a Budget
2. Building Credit and Managing Debt
3. Goal Setting & Goal Management
4. Managing Time, Energy, and Stress
5. Persuasive Communication
6. Health and Nutrition



### Structure & Process:

- Monthly group meetings for up to 12 kids, grouped by class (90 mins)
- Experiential activities, group discussions, hands-on application opportunities
- Guest “subject matter experts”
- Monthly 1:1 meetings with “Teen Life-skills Coach” (30 mins)
- Minimal “own time” suggested activities
- Monthly parent meetings for updates, feedback, and coaching suggestions

### Materials Journey Learning will provide:

- Student guidebook & journal
- Assessments, activity sheets, electronic files
- Support materials and reference books
- Slides, videos, posters, articles, websites
- Parent support guidebook
- Reminder cards & mementos