



# LifePREP

Practical life-skills coaching for teens

**“We need to return to the ancient Greek ideal  
of educating the whole person.”**

**– Matthew Kelly**

**W**e help teens understand and implement some of the key learnings required to “succeed” in life: personal strengths, weaknesses, and dreams; effective communication skills; and the daily, practical “how to”s to be successful in life.

The LifePREP concept: taking **“PIT”** stops on life’s journey

## **Personal Awareness**

*“If you don’t know where you’re going, any road will get you there.”*

We explore each individual’s current level of self-awareness: their strengths, weaknesses, dreams, and sense of their calling. We use various assessment tools to aid in this discovery. We provide practical tips and exercises throughout the program for developing this sense of purpose and forming habits that will build on strengths and manage around weaknesses.

## **Interpersonal Effectiveness**

*“How do you view the world?”*

We discover everyone’s predisposition toward selective perception and discuss its impact on building quality relationships and communicating effectively. We then provide an overview of four basic communication styles and discuss the need for flexibility in dealing with styles different than our own. And we assess each person’s propensity toward key communication behaviors and introduce a model to assist in remembering and utilizing effective communication skills.

## **Tactical “Life-Skills” Development**

*“Every job is made easier by having the right tools.”*

We explore the various areas of practical knowledge and skills needed to succeed every day in the “real world” of life. Key areas addressed include: goal setting; building a “plan of action” and managing it; time management; personal finance; critical thinking/problem solving; communicating in writing; interviewing & influencing others; public speaking; health and wellness; political process/issue awareness; social graces; and personal development.

*We stress and model the importance of developing outside resources and personal discipline to continue to grow and succeed in life. Special emphasis is placed on the value of having Mentors throughout life.*



## ➤➤ Experience

Our group leaders are skilled professionals in every sense of the word. We have been working with students and adults for the past 20+ years and are very adept at creating trusting, rich, productive, learning environments. We have formal classroom teaching experience, athletic coaching experience, and experience facilitating seminars and retreats. Beyond all this, we are caring parents, aunts, or uncles. We bring a genuine concern for developing young people that transcends a simple “business” relationship.

## ➤➤ Target Audiences

Our focus is 13 to 19 year olds and their respective parents, guardians, or mentors. Groups of between six and fifteen people work best. Teens are grouped for various age-appropriate discussions. Parents/guardians are taught the same, core principles and skills, as well as “coaching” skills for working with the teens at home.

## ➤➤ Customization

We can customize the content or various elements of the program to complement existing programs or terminology for a particular group to maximize the program’s impact. For instance, existing aptitude and interest assessment data can be utilized to direct the focus for related “life-skill” development areas. Or preferred time management tools can be substituted for use with our prescribed approach for “Time Management”. Existing templates, tools, or best practices for interview preparation can also be incorporated into our approach for “Interviewing and Influencing Skills” sessions.

## ➤➤ Delivery Method

Following a hands-on teaching approach, participants will be encouraged to contribute to discussions, partake in group and individual activities, and make concrete action plans for implementing key principles and skills immediately in their lives. Options exist for LifePREP leaders to facilitate the sessions or for organizations to have their own people become certified to facilitate the sessions. A leader’s guide, follow-up coaching, and training resources would be provided following a certification process for such an option.

## ➤➤ Reinforcement

To insure maximum effectiveness and return on investment, we provide a variety of reinforcement resources to ensure the program concepts and techniques are foremost in the participants’ minds so as to positively impact their behaviors going forward. Individual and group resources include: audio and video reviews, scripted review exercises, performance feedback tools, reference papers, web-based assessment and application activities, and personalized “memory joggers”.

*Outstanding teaching experience, solid content, real-world application, and easy-to-use reinforcement resources are what make the LifePREP program so exceptional. With diligent implementation and reinforcement efforts, we are certain young people will experience sustainable changes in attitudes and behaviors producing lasting results.*