



... practical life-skills coaching for teens

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

**- Matthew Kelly**

**We** have spent so much time and energy preparing our children for short term gains and academic accomplishments that they have missed some of the key learnings required to “succeed” at each phase of life: identification with personal strengths, weaknesses, and purpose; effective communication skills; and the daily, practical “how to”s to be successful in life. At **LIFE PREP**, we strive to provide a foundation of specific knowledge and skills from which young people can master these elements to make this journey successfully.

### **The LIFE PREP concept – taking a “P I T” stop on the 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 sense of their calling and their strengths and weaknesses. We discuss the importance of understanding one’s starting point for the journey and establishing goals and action plans to achieve those goals. We return to this discussion at the end of the program with practical tips for developing this sense of purpose and forming habits that will build on strengths and improve weaknesses.
- **Interpersonal Effectiveness** – **“How do you view the world?”** We determine everyone’s predisposition toward selective perception and discuss its impact on building quality relationships. We then provide an overview of four basic communication styles requiring individual flexibility. Finally, we assess each person’s propensity toward key communication behaviors and introduce a model that will assist the participants in remembering and utilizing effective communication skills.
- **Tactical “Life Skills” Development** – **“Critical tools for the journey.”** Building on the concepts and techniques covered thus far, we explore the various areas of practical knowledge and skills needed to succeed at the next level in life. Key areas to address would include: goal setting; building a “plan of action” and managing it; time management; critical thinking/problem solving; business writing; interviewing & influencing; public speaking; personal finance; health and wellness; and personal development.

***The value of developing resources and discipline to help the participants learn more and strengthen their own life experiences in each area will be stressed, with special emphasis on the importance of having mentors.***





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**Experience** Our facilitators are professionals in every sense of the word. We have been working with students and business professionals for the past 20 years and are well versed in 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 junior high to high school-aged individuals. Within the high school ranks, age-appropriate programs could be geared to each grade level. Similar programs could also be applied to college-aged individuals.

**Customization** A key advantage is the ability to customize various elements of the program to complement existing programs or terminology for a particular group. 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 complementary to our prescribed approach for “Time Management”. Or, existing templates, tools, or best practices for interview preparation can be incorporated into our approach for “Interviewing and Influencing Skills” sessions.

**Delivery Method** Three options exist for delivery:

- ~ **Workshop Experience**, lasting between 1-3 days.
- ~ **Mini-learning Sessions** lasting between 1-3 hours, presumably over some number of weeks.
- ~ **One-on-One Coaching Sessions** covering an agreed to agenda and time frame.

Following a hands-on learning 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 in their lives. Options exist for us to facilitate the sessions or for organizations to have their own people become certified to deliver the sessions. A leader’s guide and training resources would be provided following a certification program for such an option.

**Reinforcement** For maximum impact and return on investment, we provide a variety of reinforcement resources to assure the program concepts and techniques are foremost in the participants’ minds so as to positively impact their behaviors. 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 LIFE PREP programs so exceptional.***

***With diligent implementation and reinforcement efforts, we are certain young people will experience sustainable changes in attitudes and behaviors producing lasting results.***

**Helping teens **PREP**are for true success in **LIFE!****