

## A “P I T” stop on the Journey

*to develop practical skills to prepare young people for true success in Life*

- ❖ **Personal Awareness** – Knowledge of self and developing the attributes of discipline, contemplation, reflection, and deliberate living.
  1. Your life’s dreams, goals, desires, and aspirations.
  2. Your Strengths & Weaknesses ( i.e. Myers-Briggs Type Indicator, as well as other assessments)
  3. Goal Setting & Goal Management
  4. Strategic Planning
  5. Your Purpose / Calling / Vocation in life (“Point B” )
  6. Building Confidence & a Positive Attitude

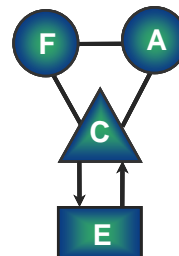


A

B

- ❖ **Interpersonal Effectiveness** – Communicating, building relationships, resolving conflicts, and dealing with difficult people.

1. Perceptions & Opinions
2. Communication Styles
3. Positive Impact / Impressions
4. Effective Communication Skills & Behaviors



- ❖ **Tactical** = Practical areas to prepare for the “next phase” of their lives
  1. Personal Financial Literacy = budgets, building good credit, investing
  2. Critical Thinking, Problem Solving, and Stress Management ( \*highlighting such “next phase” areas as: college, trade school, armed services, workforce, mission work, employment, marriage, etc. )
  3. Goal Setting, Action Plans, and Successful Execution
  4. Interviewing / Influencing / Persuading ( aka “Selling” )
  5. Time Management
  6. Health & Nutrition
  7. Government / Political acumen
  8. Social Graces / Etiquette
  9. Global Awareness = cultures, issues, opportunities, threats
  10. Other ( as directed by each group and/or individual )

#### Audience:

- Teens to young adults = separate, age-level groups participating in parallel, complementary programs
- Mixed groups from various high schools or other circles = learn from others' experiences and develop new relationships

#### Structure & Process

- Monthly group meetings (no more than 15 kids) for each class for 90 minutes = discussions, presentations, hands-on activities, and break out groups
- Monthly one-on-one (1:1) meetings with life coach for 45 minutes = working on personal goals and development of various skill areas
- Monthly parent group meetings = to inform parents of program content and progress, as well as review how to reinforce and develop the program's content at home

#### Materials:

- Book, "Living the Dream Life – A Guide for Teens and Their Parents for Achieving True Success and Happiness in Life's Journey"
- Student Participant Guide Book (@ 80 pgs.)
- Journal / Notebook
- Assessments ( personality type, communication style, and learning style / aptitude ), Activities, Worksheets
- Slides, Posters, Reference Papers, Websites
- Parent Support Guide
- Reinforcements – memento, audio and video recordings, writings, self-directed development activities

***Helping young people **PREP**are to "Live the DREAM LIFE!"***