

Equip Them to *Thrive*, Not Just Survive

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What I
Wish
I Knew
at **18**

Houston, we have a problem

- US college completion rankings have dropped from 1 to 19 since 1995!
- Demand for mental health services on campuses is soaring
- Teen and young adult unemployment rates are high, in part due to the lack of soft skills (e.g., work ethic, dependability, communication)
- Students at risk are even more vulnerable due to lack of modeling, vision, hope, and networking opportunities
- We need to help them thrive, not just survive

**Every student has a unique
design and destiny ...**

Will they achieve it?



(c) 2006 by Allen B. Ury

What I
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Or miss it?



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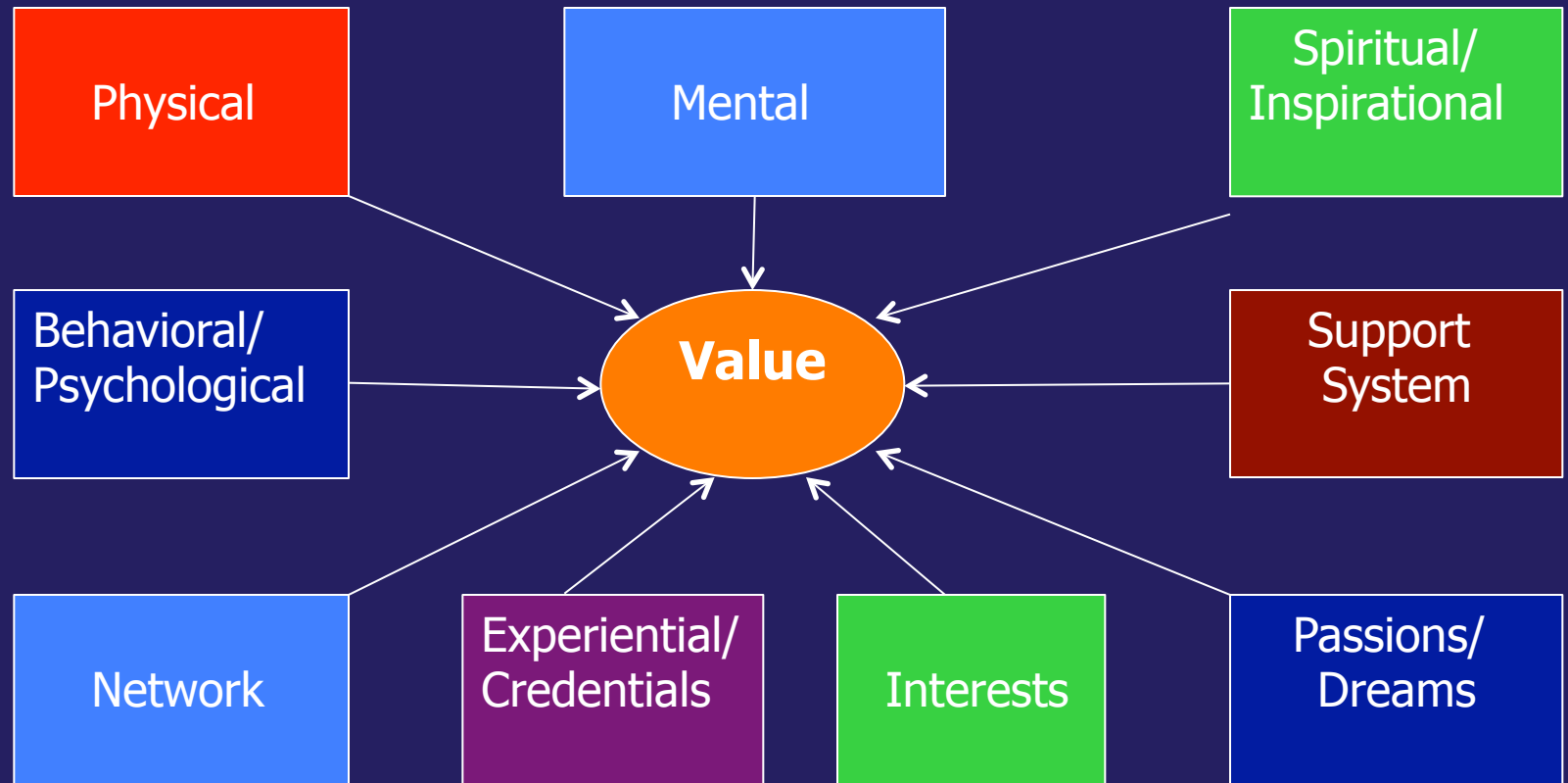
The Pathway to Destiny



Facilitating Self-Awareness



Unlocking Assets, Revealing Value



Foundational Assets

- **Physical:** strength, speed, agility, dexterity
- **Mental:** aptitude, reasoning, creativity, problem solving, intelligence, subject specific
- **Spiritual/Inspirational/Values:** moral compass, inspirational qualities, faith related
- **Behavioral:** personality, attitude, social skills, motivation, emotional intelligence

Constraints

- “Contra assets”
- Fear of failure
- Lack of self confidence and sense of worth
- Guilt, shame, and discouragement
- Abuse, neglect, unhealthy modeling
- *Remember, today’s constraint may become tomorrow’s inspirational asset!*

Mining the Treasure



http://www.dennistrittin.com/resources/PersonalBalanceSheet_05-15.pdf

Personal Balance Sheet

- Facilitates **holistic** and **objective** self discovery by identifying assets and constraints
- Helps facilitate self-discovery and inspires hope for the future
- Provides a game plan for personal growth
- Includes perspectives from self and others
- Inspirational, revelational, relevant, and fun!

Establishing a Personal Leadership Foundation





Strategic Perspective and Focus

- *Discover your purpose and inspiration*
- *Don't define success by riches*
- *Live life without regrets*
- *Diversify your life*



Character and Ethics

- *Preserve your reputation and integrity*
- *Give everything your best*
- *Embrace constructive feedback*
- *Be an encourager and always look for the best in people*



Relationships and Communication

- *First impressions are huge*
- *Be inquisitive when meeting others*
- *Connect with people who share your values and interests*
- *Steer clear of destructive people*
- *How you say it can matter more than what you say*



Personal Productivity and Discipline

- *Set and periodically assess your goals*
- *Become a masterful decision maker*
- *Time is precious—use it wisely*



Overcoming Adversity

- *Recognize adversity is a part of life*
- *Understand adversity can be preparation for greater things & often makes sense later*
- *Take charge of worry & release your pain*
- *Take seemingly insurmountable challenges one step at a time*



Career Readiness

- *Demonstrate the qualities employers value*
- *Build a winning competitive edge*
- *Learn to persuasively market yourself*
- *Build your sales force*

College & Career Readiness

Affirmation

Life Skills

Leadership

Hope and Belief

Encouragement

Wisdom



Relationship

Modeling

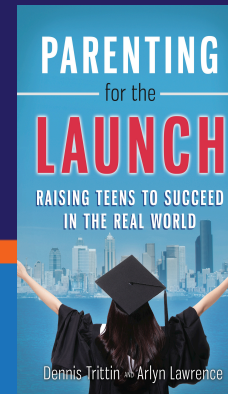
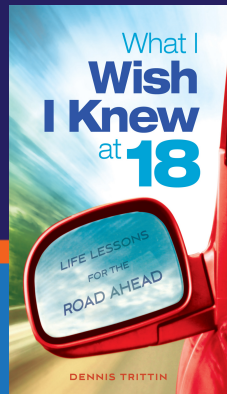
Commitment

Fun

LifeSmart Publishing, LLC

Versatile Resources for Educators, Counselors, Mentors, and Families

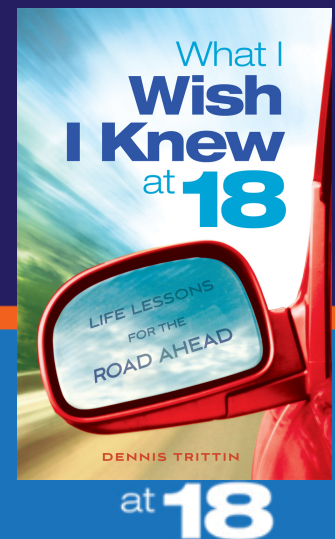
- *What I Wish I Knew at 18*: 109 success pointers for teens
- *Student Guide*: comprehensive Ldrship & Life Skills Curriculum
- *Parenting for the Launch*: Game plan and strategies to build strong relationships and position teens for life success



What I
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A Closer Look at WIWIK@18

- Comprehensive vision for successful living
- Personal leadership and soft skills
- Wisdom for key decisions based on the practices of admired, successful leaders
- Relational learning supported by clinical research on what teens need to thrive
- Conversationally and universally written for young and old alike



About the Course

- Generally for upper high school grades but easily adapted to lower grades
- 9- or 18-week program
- Free downloadable leader's guide with lesson planning tools and resources
- High level of flexibility for facilitators
- Invaluable, relevant, and interactive content
- Targets key concepts that promote life readiness

Distinctions of Our Program

- Personal leadership foundation for life
- Practices of admired, successful leaders
- Practical and engaging
- Broad scope (“one stop shop”) and applications
- Fulfills 23 Search Institute’s 40 Developmental Assets[®], 14 of Key Workplace Readiness Skills (VA), and over 50 FCS National Standards/Competencies

**May they soar like eagles
and fulfill their dreams!**



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