



POSI
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YOU

POSITIVE YOU ***TRAINING*** ***PART 1***

- 01** MISSION & VISION
- 02** ABOUT US & CORE VALUES
- 03** HOW IT WORKS
- 04** FOCUS GROUP
- 05** NEXT STEPS



OUR MISSION

***IS TO CONNECT YOU WITH
YOURS.***



OUR VISION



is to create the most authentic and meaningful human connections on planet earth.

THE PROBLEM

Mental Health Disorders such as addiction, anxiety and depression have more than tripled over the past 30 years.

The spike in these "diseases of despair" are unlike any other time in human history.

As a society we find ourselves discontented, disenfranchised, and disconnected. We are currently the most addicted, depressed, obese, and suicidal group of people ever to walk the planet. We have lost the very essence of what makes us thrive. We must restore hope in the only way we can, authentic human connection.



THE SOLUTION

Knowing that lack of connection is the problem, we know that one to one life coaching is the solution.

We all need to feel that sense of love, belonging, connection, and togetherness. The value of one person sacrificing their time, and energy for the good of another has always been, and always will be the answer.

As you begin to download these practices and principles you will inherently begin to transform into an outstanding mentor and friend.

ABOUT US

At Positive You, we are dedicated to fostering a supportive and uplifting environment that empowers individuals to thrive. Founded in response to the alarming rise in mental health disorders, our mission is to provide practical tools and positive guidance that can transform lives. We believe that everyone deserves the opportunity to discover their strengths and navigate challenges with resilience. Our innovative programs are designed to inspire personal growth, build meaningful connections, and promote mental wellness in communities everywhere. Together, we are committed to creating a brighter, more hopeful future for all.





COURAGE

At Positive You, courage is the foundation of our mission. It invites individuals to step outside their comfort zones, confront fears, and engage in self-discovery. By fostering a culture of courage, we empower participants to develop resilience and confidence, creating a community where challenges are met with determination and every voice is valued.

COLLABORATION

Collaboration builds on our foundation of courage. We believe the best solutions emerge when diverse minds unite. By harnessing the unique strengths of participants, we create dynamic learning experiences that foster teamwork and celebrate successes. This inclusive atmosphere empowers our community to engage meaningfully, amplifying our collective impact.

CONNECTION

Our core value of connection aims to foster deep, meaningful relationships among participants. By prioritizing trust and empathy, we create an environment where individuals feel seen and heard. Strong connections enrich our community, facilitating personal growth and open communication, and nurturing an inclusive space for everyone to flourish.

CORE VALUES

POSITIVE YOU



01 THE POSITIVE YOU PROCESS

- Welcome Remarks
- Program Overview
- Purpose Recognition Work

02 CURRICULUM

- Methodology
- Five Fundamentals & Smart Goals
- The 9 Super Powers
- Curriculum

03 ROLES & RESPONSIBILITIES

- Facilitating Focus Groups
- Preparation Reminders
- Inputting attendance and behavior

04 FOCUS GROUP ROLE PLAY

- Focus on engagement techniques
- Creating a positive environment
- Observation and feedback

05 WRAP UP & NEXT STEPS

- Review challenges and victories
- Q&A
- Closing prayer

***IT'S NOT
ABOUT
TELLING
PEOPLE TO
SAY "NO" TO
NEGATIVE
DECISIONS,
IT'S ABOUT
GIVING THEM
SOMETHING
POSITIVE TO
SAY "YES"
TO.***

HOW IT WORKS



THE FIVE FUNDAMENTALS



HEALTH - FIRST THINGS FIRST, THE MOST FUNDAMENTAL OF ALL THE FUNDAMENTALS... HEALTH. HEALTH IS THE STATE OF BEING FREE FROM ILLNESS OR INJURY. THIS INCLUDES PHYSICAL, MENTAL, AND SPIRITUAL WELLNESS.



RELATIONSHIPS - ONE OF THE LARGEST COMPONENTS IN EXPERIENCING A FULFILLED LIFE IS DEVELOPING DEEP AND PURPOSEFUL RELATIONSHIPS. THE SENSE OF LOVE AND BELONGING THAT DERIVES FROM BONDING WITH OTHERS IS TRULY A HUMAN NECESSITY.



CREATIVE OUTLET - IGNITE YOUR SPARK! WE ALL HAVE SPECIAL GIFTS AND TALENTS THAT NEED TO BE CONTRIBUTED TO THE WORLD! WHEN WE ARE ENGAGED IN THESE UNIQUE ABILITIES OUR LIVES ARE MORE EXCITING, SPONTANEOUS, AND MEANINGFUL.



CAREER - OUR CAREER PATH IS MADE UP OF MILLIONS OF TEDIOUS TASKS OFTEN ACCOMPANIED BY UNBEARABLE MONOTONY. CAREER ENCOMPASSES ALL OF FOLLOWING: K-12, COLLEGE, TRADES, ARMED FORCES, AND CORPORATE. OUR TEAM WILL MEET YOU WHEREVER YOU ARE TO COACH YOU THROUGH THE PROCESS.



SERVICE - THERE IS NO GREATER FEELING THAN TO SACRIFICE YOUR LIFE FOR THE GOOD OF OTHERS. GIVING OF YOUR TIME AND ENERGY TO INVEST IN SOMEONE ELSE'S WELL BEING IS AN EXPERIENCE YOU DO NOT WANT TO MISS OUT ON.

The Five Fundamentals is not only a great framework for our clients but also to ourselves. Eyes are better witnesses than ears. It's one thing to tell our clients how to thrive in all five, it's another thing to show them. When our focus as individuals is successfully distributed among these 5 categories, we are more likely to find our purpose. Human beings tend to thrive exponentially when they are moving towards a specific goal that they find intrinsically rewarding. The more these goals overlap, the more fulfilling and meaningful our lives becomes!

***IT'S TIME
TO THRIVE
IN FIVE***

SMART GOALS





WE HAVE ABOUT A 25% CHANCE OF HITTING A GOAL WE SET OURSELVES; HOWEVER, THE STATISTICAL LIKELIHOOD WE HIT A GOAL THAT WE ASK TO BE HELD ACCOUNTABLE TO INCREASES TO 90%. GOAL SETTING IS THE FINAL LESSON EACH WEEK WITHIN OUR PROGRAM. EACH STUDENT WILL CREATE CLEAR AND CONCISE GOALS THEY CAN ACHIEVE ON A WEEKLY BASIS.

S ***SPECIFIC***
M ***MEASURABLE***
A ***ATTAINABLE***
R ***RELEVANT***
T ***TIME - BOUND***



SMART GOALS



1. SPECIFIC

YOUR GOAL SHOULD BE CLEAR AND CONCISE. THERE SHOULD BE ABSOLUTELY NO CONFUSION REGARDING WHETHER OR NOT A GOAL WAS ACHIEVED.

INEFFECTIVE GOAL: I WANT TO GET BETTER AT BASKETBALL.

EFFECTIVE GOAL: I WILL SHOOT AND MAKE 500 3-POINTERS THIS WEEK.

2. MEASURABLE

IT'S IMPORTANT TO HAVE MEASURABLE GOALS SO YOU CAN TRACK YOUR PROGRESS. CREATING MEASURABLE OUTCOMES HELPS YOU STAY FOCUSED, MEET DEADLINES, AND FEEL THE EXCITEMENT OF GETTING CLOSER TO ACHIEVING YOUR TARGET.

INEFFECTIVE GOAL: I WANT TO HAVE STRONGER LEGS.

EFFECTIVE GOAL: I WANT TO SQUAT 300 LBS. FIVE TIMES BY THE END OF SUMMER.

3. ATTAINABLE

YOUR GOAL NEEDS TO BE REALISTIC AND ACHIEVABLE. IT SHOULD STRETCH YOUR LIMITS WITHOUT OVERWHELMING YOU.

INEFFECTIVE GOAL: I WANT TO MAGICALLY FLY AROUND THE WORLD.

EFFECTIVE GOAL: I WANT TO BUILD A JET PACK.

4. RELEVANT

THIS STEP ENSURES THAT YOUR GOAL MATTERS TO YOU AND ALIGNS WITH OTHER RELEVANT GOALS. SETTING SMALLER GOALS THAT SUPPORT YOUR OVERALL PURSUIT MAKES ACHIEVING YOUR YEARLY GOALS MORE FEASIBLE.

INEFFECTIVE GOAL: SETTING ANY GOAL THAT DOESN'T ALIGN WITH OUR OVERALL MISSION.

EFFECTIVE GOAL: SETTING A GOAL THAT DOES ALIGN WITH OUR OVERALL MISSION.

5. TIME-BOUND

EVERY GOAL NEEDS A CORRESPONDING DATE OF COMPLETION. WITHIN THE FRAMEWORK OF YOUR COACHING SESSIONS, THIS SHOULD BE EASY TO ACHIEVE, AS YOU WILL CONNECT WITH YOUR CLIENT WEEKLY.

INEFFECTIVE GOAL: I WANT TO GET MY MASTER'S DEGREE AT SOME POINT.

EFFECTIVE GOAL: I WANT TO FINISH MY MASTER'S DEGREE BY NEXT YEAR.



SMART GOALS

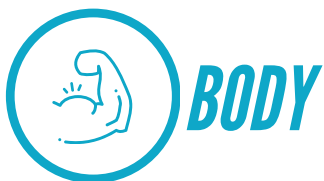
THE 9 SUPER POWERS



The 9 Super Powers
introduces kids to the exciting world of intelligence through a fun and engaging lens. Inspired by Dr. Howard Gardner's theory of multiple intelligences, this program empowers children to discover their unique combination of strengths—referred to as their "super power profile."

THE NINE FORMS OF INTELLIGENCE

As we look to unlock the fullest potential of our clients, it's important that we understand the nine forms of intelligence. Multiple Intelligence Theory was created by Dr. Howard Gardener out of Harvard University. Gardener proposed the way we see intelligence is too narrow, and needs to expand to represent that vast giftedness of human beings. We encourage you to have your clients identify where they believe they are most gifted! Each person has their own unique profile. Here are the 9 forms of intelligence:



"If you judge a fish by how well it can ride a bike, you'll think it's stupid."

-Albert Einstein

OCTOBER FOCUS

IDENTITY

WEEK 1: THE 3 B'S OF IDENTITY



POSITIVE YOU TEACHER GUIDE

POSI
TIVE
YOU

MOTIVATIONAL VIDEO

OCTOBER FOCUS: IDENTITY

WEEK 1: THE 3 B'S OF IDENTITY



LEARNING TARGET

By the end of this week, participants will understand how their beliefs influence their behavior and how their behavior transforms who they become.

Students will develop strategies to align their actions with their core values.



WEEKLY CHALLENGE

Write down your top three core values that you want to live by this year. Remember, your core values are the traits and characteristics you find most valuable. For example; courage, honesty, boldness, kindness, would all be great answers!



TEACHER TIPS

As a class, brainstorm a list of core values. Have a student record the list on the board and leave the list up for the week. Feel free to share about how one of your positive beliefs impacted your behavior and ultimately transformed who you became!

"WHETHER YOU THINK YOU CAN OR YOU THINK YOU CAN'T, YOU'RE RIGHT. "

- HENRY FORD

TALK IT OUT

OCTOBER FOCUS: IDENTITY

WEEK 1: THE 3 B'S OF IDENTITY



DISCUSSION TOPIC

How do your core values influence your daily behavior?



TALKING POINTS

Have participants share one core value. For example, one way courage could be displayed in behavior is by sticking up for a friend. Have each student write down a coinciding behavior for each of their top three core values.



TEACHER TIPS

Feel free to share what your top three core values are this year along with one coinciding behavior you will strive to emulate this year! Have students share their core values and coinciding behaviors out loud.

"WHETHER YOU THINK YOU CAN OR YOU THINK YOU CAN'T, YOU'RE RIGHT."
- HENRY FORD

WORD OF THE WEEK

OCTOBER FOCUS: IDENTITY

WEEK 1: THE 3 B'S OF IDENTITY



WORD OF THE WEEK

Integrity: the quality of being honest and having strong moral principles; moral uprightness.

"He is known to be a man of integrity"



TALKING POINTS

How would you define integrity? Who do you know that has a bunch of integrity? How does that person behave?



TEACHER TIPS

Have students share their thoughts with the class. Make sure all of your students are writing down the correct definition.

"WHETHER YOU THINK YOU CAN OR YOU THINK YOU CAN'T, YOU'RE RIGHT. "

- HENRY FORD

THROWBACK THOUGHT

OCTOBER FOCUS: IDENTITY

WEEK 1: THE 3 B'S OF IDENTITY



REFLECTIVE EXERCISE

Read the Introduction & Living Inside Out portion of the Positive You Journal on page 2 & 3. Once students are finished have them write down all three of their core values in their journal along with the opposite of those core values. For example, if a student chose courage, the opposite would be cowardice.



TALKING POINTS

Once students have finished writing, have them share honestly about a time where they exhibited the opposite of the core value they're looking to become. For example, if a student has kindness as a core value, the opposite would be cruelty or being mean.



TEACHER TIPS

Feel free to share a time where you acted the opposite of your desired outcome and how you felt. Be sure to ask the students how they felt when they behaved in contradiction to the core value they hold supreme.

"WHETHER YOU THINK YOU CAN OR YOU THINK YOU CAN'T, YOU'RE RIGHT. "
- HENRY FORD

GOLDEN GOALS

OCTOBER FOCUS: IDENTITY

WEEK 1: THE 3 B'S OF IDENTITY



GOLDEN GOAL

Write down one goal you would like to achieve this upcoming week! It could be to get a B on the math test, Shoot 100 shots at the gym, or call a friend to catch up.



ACTION STEP

Your golden goal should be one thing you CAN and WILL do this week! Remember, just because you can doesn't mean you will and just because you will, doesn't mean you can. What is one action step (mini goal) you can do today to start you on the path towards achieving your golden goal this week?



POTENTIAL OBSTACLES

While pursuing goals, individuals may encounter various obstacles that can hinder progress, such as time constraints, lack of resources, or self-doubt. Recognizing these potential challenges early allows for proactive planning and the development of strategies to overcome them.



TEACHER TIPS

Share a goal you want to achieve this week along with one action step you will take! Allow students to share their goals and action steps with the class!

MEET THE TEAM

OUR TEAM

Our team is made up of social workers, psychologists, professional athletes, motivational speakers, educators, directors and musicians. Each with a different insight into maximizing human potential. Our program is designed to help equip you to best serve those your mentor.



LET'S TALK!

POSITIVE YOU



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