

# Courage. Confidence. Connection.



**Help students tackle challenges, build resilience, care for their wellbeing, and increase academic success by increasing their courage, confidence, and connection.**

Designed as a train-and-go program for your staff to deliver to your students, Discover You™ helps grade 6-12 and early post-secondary students to:

- Build the skills of **social and emotional learning** and positive psychology.
- Increase **academic** performance and outcomes.
- Navigate their unique and personal journey with a simple framework to help them create **external and internal assets** they need to make positive life choices.
- Support their **mental wellbeing** and provide tools for **suicide prevention**.
- Measure the longitudinal impact of their efforts with **actionable data** on their relationships, social and emotional learning and internal assets.

Scan me to learn more!



By drawing on globally renowned, evidence-based wellbeing frameworks including **Character Strengths, Social and Emotional Learning, PERMAH, and Developmental Assets** already used in many schools, these student workshops can be easily integrated into your existing wellbeing strategy and initiatives.

## Why Discover You™

Empowering over 20,000 students | 15+ years of experience in positive youth development

- Be independent
- Bounce back from failures
- Take new chances
- Find academic success

## Programming Overview

Customizable to meet your school's priorities, Discover You™ provides:

- 18+ experiential one-hour workshops that can be delivered in their entirety or through a focused series, in the classroom, out of school time or for groups, clubs, or teams.
- Program messaging and educational documents for your school and families.
- Supporting opportunities, such as consulting or organization-wide trainings.



### Comprehensive Curriculum

A comprehensive curriculum—complete with ready to deliver lesson plans and student workbooks—that meet the diverse and ever-changing needs of your students.



### Comprehensive Training Program

The opportunity to engage with our highly-trained coaches to provide ongoing professional learning for your staff through interactive seminars, learning labs, and independent work.



### Built-in Survey Tool

Built-in survey tool that assesses levels of student wellbeing and provides actionable, longitudinal data on the impact the program is having for your students.

*Just choose the programs your students will benefit most from:*

**BS**

#### Building Strengths

Youth explore character and build personal and social skills while developing higher-level thinking.

**FF**

#### Forging Futures

Presents a deeper look into relationships, personal strengths and self-management through a present and future lens.

**MS**

#### Mastering Skills

Provides a rich opportunity for personal change and growth while considering individual priorities.

**DT**

#### Designing Tomorrow

Students in early post-secondary stages develop specific skills designed to increase likelihood of completion.

## Implementing Discover You™

### Organize

- Build foundational support and determine who will be involved in the implementation process
- Create a plan, determine your vision, what needs you hope to address, etc.

### Implement

- Assess implementation priorities, such as: how many adults to train, how many students to impact, how will you engage the community, what professional development opportunities will you leverage, do you intend to have trainer level coaches, etc.  
*Review our pricing sheet for a sample implantation scenario.*

### Improve

- Continuous improvement using data collected

*Discover You™ consultants are here to assist in this process*

## Pricing

Sustainable and cost-effective, Discover You™ averages in price at about \$25 per student.

## The Challenge

### Today's Teens are Struggling

- Mental health concerns are rising, connecting to peers is more challenging than ever, and resiliency skills are evading many of our youth

### Access to SEL Programs is Inconsistent

- There are vast inequities in social and emotional learning (SEL)
- Often it's taught instead of experienced
- Some are lacking a comprehensive and train-and-go solution, or do not have the vision or tools to sustainably affect systems

**“Before Discover You™, I didn't have the courage to do anything. Now I feel confident and know that I have control over my life and can change it for the better.”**

## Our Solution

### Transformational Change for Teens

- Our unique combination of SEL and positive psychology, offered **one hour** at a time via 18+ experiential lessons, changes adolescent's lives
- Growth is tracked via a built-in survey tool, providing **actionable data** on relationships, internal assets, and SEL

### Unique Content and Training

- The **Discover You™** delivery model offers practical skills gained over 36 hours of **live** and independent learning via a digital education platform; our trainers continue to support you in your SEL journey with youth beyond the training
- We help you foster **real relationships** while you learn and grow, preparing you for strong interactions and great impact, supported by easy to follow lesson plans



**“This program has inspired me to be the best human I can be and taught me things I didn't know about myself.”**

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## Support Your School



### Increased Academics

As students increase Developmental Assets, they do better in school

Teaching wellbeing is proven to increase academic performance

Teachers and administration report better academic outcomes



### Social and Emotional Learning Standards

Meets most requirements for SEL standards

Covers the five pillars: self-awareness, self-management, responsible decision making, social awareness and relationship skills



### Delivery Models

In the classroom, out-of-school time, or for groups, clubs or teams

Can choose to utilize an entire program or stacks of workshops

Multiple programs to choose and implement



### Built-in Survey Tool

Measures Developmental Relationships, Internal Assets, and SEL

Provided in partnership with The Search Institute

Surveys are pre-, post-, and longitudinal



### Cultural Shift

System-wide

Professional development

Coaching and consulting



### Comprehensive Training Program

Approximately 24 hours

Interactive seminars, learning labs, and independent work—delivered live in-person or virtually

**“Discover You™ helped my mindset on school and improved my attitude towards school and people.”**



## Fewer Behavioral Issues

Developmental Assets promote thriving behaviors

Fewer disciplinary issues reported



## Supports Ongoing Initiatives

Discover You™ works *with* your existing initiatives such as Adverse Childhood Experiences, Restorative Practices, trauma-informed care, and Diversity, Equity, and Inclusion to create a comprehensive solution



## Integrates with Existing SEL Programs

Discover You™ is designed for secondary and post-secondary students, and pairs well with existing SEL efforts at the elementary level



## Value

High quality program  
Sustainable and cost effective  
Projected \$20 per student



## Included Supporting Content

Data and language to support fundraising  
Podcast and newsletter  
Updates and extensions to curriculum



## Additional Resources

Including messaging for all staff, SEL-focused announcements and educational documents for families

### Four train-and-go programs available to meet your needs

Growth mindset, self-management, social awareness, conflict resolution, character strengths, forgiveness, courage and so much more. Discover You™ programs are unique and intended to have impact individually or stacked with other programs. Each contains a series of workshops that can be delivered one hour at a time through an experiential process. Discover You™ is designed for the specific needs of 6<sup>th</sup> – 12<sup>th</sup> grade and early post-secondary students.

**BS**

#### Building Strengths

Youth explore character and build personal and social skills while developing higher-level thinking.

**FF**

#### Forging Futures

Presents a deeper look into relationships, personal strengths and self-management through a present and future lens.

**MS**

#### Mastering Skills

Provides a rich opportunity for personal change and growth while considering individual priorities.

**DT**

#### Designing Tomorrow

Students in early post-secondary stages develop specific skills designed to increase likelihood of completion.



## Become a Licensed Discover You™ Coach



### Comprehensive Training Program

Approximately 24 hours

Interactive seminars, learning labs, and independent work—delivered live in-person or virtually



### Digital Education Platform

Designed specifically for Discover You™

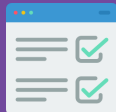
Enhances and manages your learning experience



### Community of Support

Continued access to trainer and cohort members

Ongoing support and learning opportunities



### Built-in Survey Tool

Measures Developmental Relationships, Internal Assets, and SEL

Provided in partnership with The Search Institute

Surveys are pre-, post-, and longitudinal



### Comprehensive Curriculum

18+ workshops and lesson plans

Virtual student workbooks

Delivered live in-person or virtually



### The Research

Discover You™ is rooted in Social and Emotional Learning, Developmental Assets, and Positive Psychology

**“I want to celebrate how much I learned that deepened my toolkit of resources even more. I want to celebrate every person with whom I learned from and with because we all agree that kids are our future. If this world is going to become better, wiser, kinder, it will require their commitment to making it happen because they see it as essential.”**



## Fewer Behavioral Issues

Developmental Assets promote thriving behaviors  
Fewer disciplinary issues reported



## Additional Resources

Continued education credits  
Tools to benefit you personally and professionally  
Supporting marketing materials



## Delivery Models

In the classroom, out-of-school time, or for groups, clubs or teams  
Can choose to utilize an entire program or stacks of workshops  
Multiple programs to choose and implement



## Value

High quality program  
Sustainable and cost effective  
Projected \$20 per student



## Improve the Lives of Young People

Students increase in life-skills, self-worth and social and emotional skills



## Why Discover You™

Empowering over 20,000 students  
15+ years of experience in positive youth development

### Four train-and-go programs available to meet your needs

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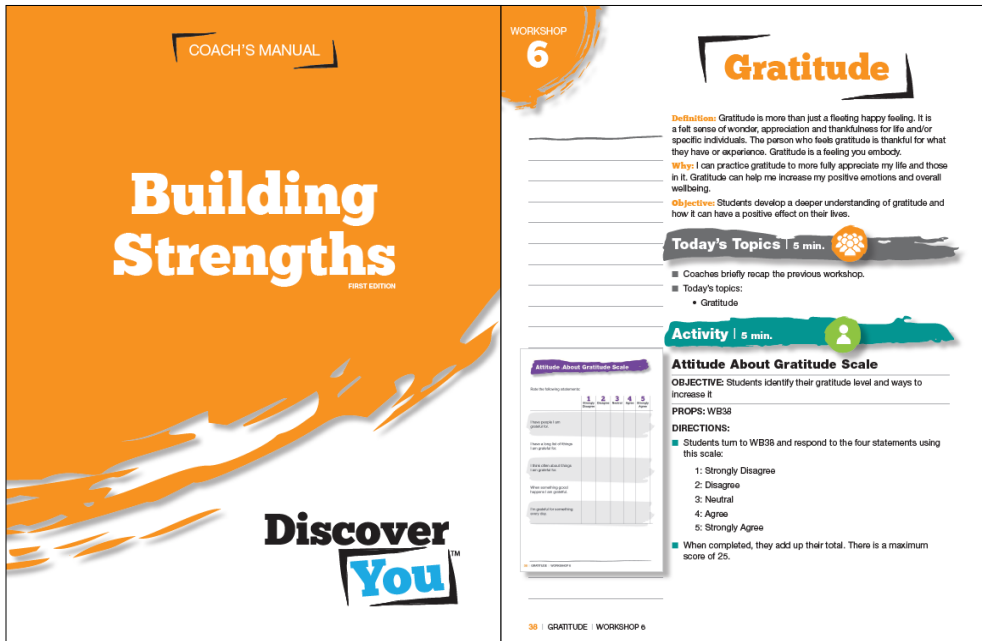
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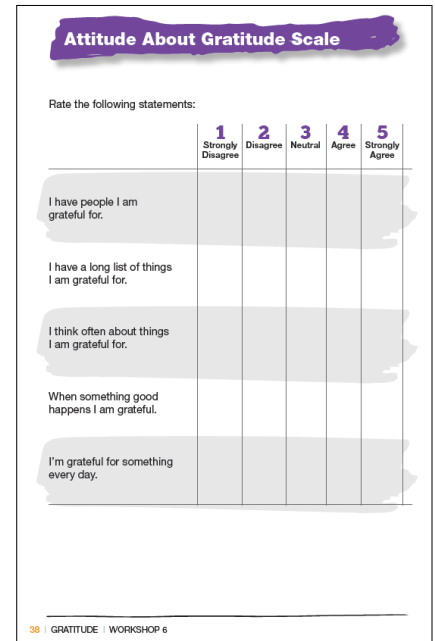
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#### Designing Tomorrow

Students in early post-secondary stages develop specific skills designed to increase likelihood of completion.



**Coach's Manual**



**Student Manual**

**Program: Discover You™ Coach's Training** MESSAGES

PROGRAM:	Discover You™ Coach's Training
TRAINER:	<a href="#">Sarah Weisbarth</a>
START DATE:	21 Jun, 2021 5:00 pm
STATUS:	Started

Discover You Coach's Training utilizes intentional application process to apply information and understanding of Qualitative Frameworks (SEL, PERMAH, Developmental Assets) and Foundation Content (growth mindset and resilience, connectedness and relationships, VIA Character Strengths) for adults who are committed to empowering youth. How Discover You programs are delivered is key to the success of the young people participating in them. This training will emphasize the 'how' of facilitation and meaningful connection with others, adults and youth alike. Without an intentional 'how' the information lies dormant. Fundamental Interaction tools bring the workshops to meaningful application, this is where change happens. Participation in Discover You Coach's Training prepares you to impact youth throughout your span of care, through your own development. This training is for you so that you can be there for others.

**Modules**

NAME	PROGRESS	ANSWERED	REVIEWED
Welcome to Discover You!	0%	-	-
Developing Strengths	0%	-	-
Practicing a Growth Mindset	0%	-	-
Building Connections	0%	-	-

**Digital Education Platform**





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## Building Strengths Curriculum

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**Character Strengths:** Students learn their character strengths and how to spot strengths in others. The concept of leveraging strengths is woven throughout the program.

**Reframing negative thoughts:** Students learn how to identify negative thoughts in general and as self-talk, then why and how to replace them with positive ones.

**Team Building:** The concept of building relationships and community are woven throughout the program.

**Wellbeing:** Students get introduced to positive psychology, explore the PERMAH pillars, then find ways to personally increase each pillar.

**Mindfulness:** Students participate in a breathing exercise and discuss how to use it to calm themselves and clear their thinking; they consider applying mindfulness in their daily lives.

**Growth Mindset:** Students look at fixed and growth mindsets, how to evaluate their mindset; they examine how to influence the outcome of situations through intentionally reframing a fixed mindset.

**Stress:** Students look at ways to consider stress differently and that stress doesn't have to be negative.

**Goals:** Students consider their life goals, barriers people have faced and overcome, and how the choices they make today influence the outcomes of tomorrow.

**Gratitude:** Students rate their level of gratitude, explore the importance of it for their wellbeing, and consider opportunities to express it.

**Honesty and Integrity:** Students consider honesty and integrity and how it aligns with their values.

**Empathy and Caring:** Students explore the influence that practicing empathy and being a caring individual has on their relationships and look for ways to demonstrate it in their world.

**Kindness:** Students spread acts of kindness at home and school.

**Diversity, Equity and Inclusion:** Students consider the value of interacting with people who do not look like them, explore what privilege is; they consider how their actions can profoundly affect another's life, and ways to help.

**Trust and Respect:** Students explore how respect and trust are earned and why they are important.

**Relationships:** Students learn ways to build healthy relationships, set healthy boundaries, and that they are worthy of respect.

**Communication:** Students learn to consider their audience when they choose their mode of communication and why taking over conversations should be avoided.

**Conflict Resolution:** Students learn that conflict is natural throughout life and that their ability to resolve it in a positive manner will benefit them personally and professionally. Non-violent communication is provided as a tool.

**Forgiveness:** Students look at forgiveness through the lens of not carrying hurt forward as it can be detrimental to their wellbeing.

**Responsibility:** Students consider areas of current responsibility and the importance of being responsible with time and priorities.

**Grit:** Students learn about grit and how they will persevere when they face challenges and barriers, and create their own SMART Plus goal.

**Courage:** Students learn ways to increase courage in order to be willing to fail, try new things, and have a full life.

**Leadership:** Students define leadership, explore different types of leaders, and discuss times when it is better to follow.

**Community:** Students create a plan to make change in their community and discuss what it is to have universal human rights.

## Forging Futures Curriculum

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**Growth Mindset:** Students look at fixed and growth mindsets, how to evaluate their mindset; they examine how to influence the outcome of situations through intentionally reframing a fixed mindset.

**Team Building:** The concept of building relationships and community are woven throughout the program.

**Character Strengths:** Students learn their character strengths and how to spot strengths in others. The concept of leveraging strengths is woven throughout the program.

**Wellbeing:** Students get introduced to positive psychology, explore the PERMAH pillars, then find ways to personally increase each pillar.

**Mindfulness:** Students participate in a breathing exercise and discuss how to use it to calm themselves and clear their thinking; they consider applying mindfulness in their daily lives.

**Kindness:** Students spread acts of kindness at home and school.

**Communication:** Students learn to consider listening as a critical communication tool and their audience when they choose their mode of communication. They explore Active Constructive Responding and the impact of an intentional response.

**Gratitude:** Students rate their level of gratitude, explore the importance of it for their wellbeing, how they contribute to the good things in their lives, and consider opportunities to express it.

**Self-image, Self-worth and Self-compassion:** Students look at ways to appreciate and value themselves, explore societal pressures, and ways to increase their self-worth.

**Diversity, Equity and Inclusion:** Students consider the value of interacting with people who do not look like them, what privilege is; they consider how their actions can profoundly affect another's life, and ways to help.

**Social Issues:** Students increase their awareness of social issues locally and globally and are challenged to positively impact their world.

**Mental Health:** Students discuss mental health challenges and are provided with resources.

**Healthy Relationships:** Students learn tools to build healthy relationships and explore tactics on making good friends.

**Conflict Resolution:** Students learn that conflict is natural throughout life and that their ability to resolve it in a positive manner will benefit them personally and professionally. Non-violent communication is provided as a tool.

**Forgiveness:** Students look at forgiveness through the lens of not carrying hurt forward as it can be detrimental to their wellbeing.

**Emotional Intelligence and Self-control:** Students consider the importance of self-control and explore ways to increase it; they explore the consequences of their actions and ways to build emotional intelligence.

**Goals:** Students learn how to set goals with a higher-likelihood of success; they learn to use tiny habits as a tactic to creating long-term change.

**Grit:** Students learn about grit and how they will persevere when they face challenges and barriers; they practice building self-efficacy.

**Critical Thinking:** Students learn the value of independent thinking and creative problem solving.

**Courage:** Students consider true courage and the importance of standing up for what they believe; they explore healthy risk-taking.

**Leadership:** Students define leadership, explore different types of leaders, and discuss times when it is better to follow.



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## Mastering Skills Curriculum

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**Character Strengths:** Students gain a foundational knowledge of personal character strengths and ways to leverage them in their lives.

**Personal Strengths:** Students deepen their knowledge and application of character strengths.

**Mindsets:** Students gain a foundational understanding of how mindsets profoundly affect their world and learn ways to increase a growth mindset.

**Problem Solving:** Students learn to be effective problem solvers.

**Goal Setting:** Students learn how to set goals that are SMART and have higher likelihood of success. Students learn to create long-term sustainable goals.

**Emotional Intelligence:** Students learn the importance of self-regulation while exploring ways to increase them. They consider the consequence of their actions and look at ways to develop emotional intelligence.

**Social Intelligence:** Students learn empathy and its importance in healthy relationships. Students recognize being social aware helps them make good decisions.

**Self-Management and Personal Responsibility:** Students understand the value of self-management and personal responsibility in decision make, personal choices, and overall success.

**Respect for Self and Others:** Students learn to respect themselves and demonstrate respect for others.

**Grit:** Students explore resilience and the importance of 'sticking with it'. They learn that barriers are inevitable and recognize the importance of overcoming them on their path to success.

**Mindfulness:** Students learn about mindfulness and how to apply it to increase happiness and success.

**Mission Statement and Values:** Students explore what is important to them as they create a personal mission statement and define their purpose and values.

**My Motto:** Students create their personal motto and a creative way to express their identity.

**Critical Thinking:** Students learn the value of independent thinking, creative problem solving and rational decision making.

**Propaganda:** Students learn to consider the motives of others when receiving information.

**Gratitude:** Students develop an understanding of gratitude and how it can have positive effect on their lives.

**Wellbeing:** Students learn the science behind wellbeing. Specifically, positive emotions, engagement, and relationships.

**Thriving:** Students learn the science behind wellbeing. Specifically, meaning and purpose, accomplishment through learning, and incremental behavior change.





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## Designing Tomorrow Curriculum

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**Character Strengths:** Participants learn their character strengths, how to recognize them in others and ways to leverage them throughout their lives. This concept is woven throughout the program.

**Transitions:** Students are given tools to address challenges during times of major transition both to normalize the challenges of post-secondary transition and to create a sense of 'belonging', ensuring they believe that the post-secondary experience is for them and they are worthy of attending.

**Networking:** Participants learn the skill of networking as a tool to foster connections and create opportunities throughout life.

**Mindsets:** Participants gain a foundational understanding of how mindsets profoundly affect their world, how to evaluate their mindset and how to influence the outcome of situations through intentionally reframing a fixed mindset.

**Personal Strengths:** Participants discover what they do naturally best and how to develop their greatest talents.

**Effective Goals:** Participants learn how to set goals that result in a higher-likelihood of success and create long-term sustainable goals.

**Time Management:** Participants learn the value of time management and tools to manage both time and priorities.

**Habits:** Participants explore healthy habits and how to use them to meet their goals, how to create better habits and the impact of positive tiny habits.

**Courage and Healthy Risk Taking:** Participants consider true courage and the importance of standing up for what they believe and how fear impacts us; they explore healthy risk-taking.

**Critical Thinking:** Participants learn the value of independent thinking, creative problem solving and rational decision making.

**Social Awareness:** Participants learn how to navigate social situations with curiosity and confidence.

**Diversity, Equity and Inclusion:** Participants consider the value of interacting with people who are different than them and learn about privilege. They consider how their actions can profoundly affect another's life, and ways to help.

**Conflict Resolution:** Participants increase their ability to build strong personal and professional relationships through better management of inevitable difficult situations. Concepts include forgiveness through the lens of not carrying hurt forward and Non-violent communication.

**Self-Awareness:** Participants assess their level of self-awareness, and explore ways to increase self-awareness and self-compassion.

**The Science of Wellbeing:** Participants explore the PERMAH model (positive emotions, engagement, relationships, meaning and purpose, accomplishment, health and vitality) as it relates to wellbeing.

**Positive Emotions:** Participants gain tools to increase their life-satisfaction by developing thriving behaviors including gratitude and kindness.

**Personal Responsibility:** Participants explore two social emotional skills: responsible decision-making and self-management. They learn how taking personal responsibility can affect them every day.

**Resilience:** Participants learn how to persevere when they face challenges and barriers and recognize the value of moving beyond their comfort zone.

**Mental Health:** Participants receive resources, discuss mental health and learn tactics to deal with stress and anxiety.

**Core Values:** Participants work through a set of exercises to identify their why and prioritize their values while gaining focus and direction.