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## **EMPOWER FOR GREATNESS**

Program for High School Students

This program endeavors to impart critical life skills to the students to help navigate life with confidence. These skills are meant to prepare the students for life in high school and beyond. By teaching these skills to the students, we will be helping them make life choices at school that will have a long term impact in their lives in the future.

We will help them explore study habits that will ensure that they succeed in their academic life in school and later on in college. These skills will help them make informed career choices having understood who they are; what their strengths are, their gifts and talents. Helping them understand the importance of finding alignment between who they are and their career choice will help avoid making career choices out of pressure from peers or family.

The whole essence of this program is to help the students build their character as this is the root of effectiveness. In a world that is quickly seeing an erosion of the moral fabric, it is critical to help the students identify and connect with their own values. This understanding will help them remain grounded as they make long term goals.

In the future world of work, there are skills that are considered critical to have and this program will endeavor to introduce and inculcate them in the students. The idea is to ensure that they get out of the pack and become more employable as they already have the desired skills.

In a nutshell, these are some of the most critical skills that this program will cover:

- Understanding your values
- Understanding self
  - Self- identity
  - Dealing with identity crisis in adolescence
  - Understanding your personality
- Learn study habits for success
- Leadership and how to lead self
- Learn how to set inspiring goals
- Understanding critical skills for success
  - Creative and critical thinking
  - Collaboration
  - Communication
  - Decision making
  - Financial literacy

- Time management and organizational skills
- Stress management
- Self-assessment and reflection
- Resilience
- Empathy
- Emotional intelligence
- Problem solving
- Learn how to build healthy relationships
- Understanding your health
  - Physical health
  - Mental health
  - Social wellbeing
- Understand the menace that is drug abuse and how it impacts your health and life in general

#### The structure of the course

This course is designed to be offered in a physical class and in groups. The idea is to harness the energy in the students and help them see how they can put it into productive use. The students also get to benefit from the wisdom in the class that is in each of us.

The classes are supposed to run for a maximum of 90 minutes every session once a month or as per the preference of the client. The students will be taken through the topic by the facilitator for a few minutes and then open it up for discussion. The students are expected to participate freely as this helps the facilitator identify grey areas that need to be corrected on the spot.

The classes are deliberately designed to run for one calendar year in order to witness reasonable transformation. This will also help identify areas that the students require further help. There will be short exercises that the students will be required to do before the next class. Students are encouraged to take this seriously as this is where the transformation will take place.

By completing the exercises, they will be learning powerful skills of reflection and self-analysis. These are skills that are going to be useful in the world of work and so mastering them early in life will clearly put the students ahead of the pack.

## **LESSON ONE**

### 1.1- UNDERSTANDING YOUR VALUES

- What are values and why are they important?
- How do you develop solid values?
- What values do you hold dear?

### 1.2 UNDERSTANDING SELF

- What is self-identity?
- How do you deal with identity crisis in adolescence?
- Understand leadership and the importance of self-leadership

### 1.3- UNDERSTAND YOUR PERSONALITY

- What is personality?
- How do you appreciate your uniqueness?
- What career best suits your personality?

## **LESSON TWO**

### 2.1- GOAL SETTING & ACHIEVEMENT

- What are goals?
- Why is it difficult to achieve one's goals?
- How can you set inspiring goals?

### 2.2- PRINCIPLES OF GOAL SETTING

- Understand the importance of setting SMART goals
- Understand the reason why you want what you want
- Learn the art of visualization

## **LESSON THREE**

### 3.1- LEARN STUDY HABITS FOR SUCCESS

- Understand your most productive time for study
- Understand your study blocks
- Learn the SQ3R method of effective studying

### 3.2 UNDERSTAND YOUR MINDSET

- Understand what mindset/paradigm is
- Learn how to challenge your own mindset
- Learn to interrogate your results
- Understand the law of cause and effect

## **LESSON FOUR**

### 4.1- UNDERSTAND WHAT CRITICAL SKILLS FOR SUCCESS ARE

- Understand the skills that every employer is looking for
- Learn how to develop them
- Understand how to live them for more impact

### 4.2 – LEARN ABOUT TIME MANAGEMENT AND THE TIME MATRIX

- Know how to prioritize your work to keep the important things important
- Learn why you can never waste time
- Understand the benefit of time matrix in planning

### 4.3- UNDERSTAND EMOTIONAL INTELLIGENCE

- Learn why it is important to understand your emotions
- Learn how to show empathy to others
- Learn simple ways that will boost your emotional intelligence

## **LESSON FIVE**

### 5.1- UNDERSTAND HOW TO BUILD HEALTHY RELATIONSHIPS

- Define what healthy relationships are
- Learn how to set boundaries and respect your personal space
- Understand the power of 'No'
- Know and appreciate your sexuality

## **LESSON SIX**

### 6.1- KNOW YOUR HEALTH

- Learn how to create healthy habits
- Understand what mental health is and how to know when you are not well
- Learn how to make healthy choices to avoid lifestyle diseases
- Understand what communicable diseases are and how to avoid contracting them

## **LESSON SEVEN**

### 7.1- UNDERSTANDING HARMFUL HABITS

- Understand what leads to drug and substance abuse
- Know when you are at risk
- Learn about the harmful effects of drug abuse
- Understand the power of addiction and how to get out of it