



Youth INspired 6 Week Experience

The Youth INspired team comes to your school or group bringing up to 4 specialists for our 6 Week Creative, Self-Love, Creative & Entrepreneurship Support Program. Youth Inspired matches the 4 specialists and curriculum presented to support what the schools needs are to create the most individualized 6 weeks we can. The Youth will host a creative Showcase in the school or organization space. Each student showcasing will receive our Youth INspired self love daily tool kit, entrepreneurs packages and network opportunities. All parents will also receive packets and information to be informed, give tools and opportunities to be involved and feel supported.

Take Home

- **Feel empowered to be authentic and express yourself confidently.**
- **Discover your unique qualities, let them shine, and light up the world**
- **Learn to unconditionally love and accept yourself and others**
- **Transform your negative self-judgements into powerful affirmations**
- **Transform your passions and creations into a reality**
- **Develop lifelong tools for believing in yourself, cultivating joy and creating success.**

Each day we cover a self love tool and individual passion support!

Curriculum Overview

Daily Practice

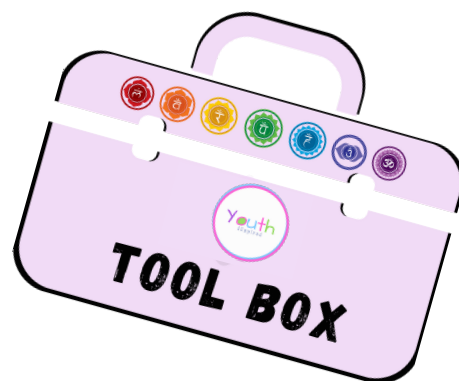
- Acknowledge and Share from the week before
- Set Intentions for the week

Home Fun

- Daily Practice 2-5 min
- 20 min of Journal
- 30 min Exercise

Take Home

- Youth INspired Tool Kit
 - Everyone gets a journal
 - Youth INspired Swag Bag
 - Daily Inspiration Practices
 - Downloadable Tools
 - Videos
- Weekly email to explain the theme for the week and breaks down an overview
- Private Chat Room
- Power Pods (Class size 9+)
 - Students will be sectioned in empowered accountability groups of 4-6
 - In each Power Pod, the students will be assigned roles to help support on goals
 - Leaders will takes notes and hold the Power Pods accountable



Curriculum Overview

Week One - Big Picture

- Set the tone, Character Building, Team Support, Pick Power Pods
- Access Needs
- Showcase Tasks
- Practice - Journal and Grateful Exercise

Week 2 - Community

- Guide Speciality
- Team Games
- Access Needs
- Individual Tasks
- Practice - Journal - strengths and weaknesses

Week 3 - Sight Your Light

- Perception and Self-Talk
- Project Assessment
- Practice - Journal - Noticing Exercise

Week 4 - Sugar & Salt

- Guide Specialty
- Reaction, Choices & Acknowledgement
 - Blue Ribbons Ceremony
- Listen & Tools
- Practice - Journal and PAUSE Exercise



Week 5 - Color Your Life

- Acceptance
- Project Overviews
- Practice - Journal and Step Out Exercise

Week 6 - Close & Share

- Acknowledge You, Hone Our Tools
- Final one 2 one
- Vision Journal

Showcase - Spread Your Wings!

- Show or Perform Passion Projects, Creations & Talents
- Guide Network & Mentorship