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## This is Elevate:

- A weekly meeting where a small group of other teenagers push forward on the decisions, goals, problem-solving and plans that matter to them.
- A relationship with a mentor-coach who helps youth discover, decide and form their own action steps without judging them or giving uninvited advice.
- A clear process that allows teens to see where they are and track their own movement toward better relationships, stronger fitness, healthier emotions and sharper intellect.
- A place to gain access to personal tools and life-skills that will help them immediately and provide keys to success and happiness in their future.

*How high should you climb... How far do you want to see?*

**My Choices. My Actions. My Life.**

**Your child is trying to figure out what it means to be a pre-adult and how to think, choose and act in ways that lead to happiness and success.**

Everybody has to figure that stuff out and everybody (yes, that means every single person) will need help to do that.

I'm not talking about the kind of help that says "just be this" or "just do what I do." They need the kind of help that allows them to discover their options, figure out the best ways to solve their own problems and follow through on action steps.

Elevate mentor-coaches see your student as a person who is growing into being an adult, and believe in their ability to think, choose and act in four important areas:

- **Their Connections (relationships)**
- **Their Intellect (academics)**
- **Their Fitness**
- **Their Emotions**



*Some of you just thought...  
"I could really use this kind  
of help" and that is exactly  
why we are doing this for  
teenagers.*



## Find community

Elevate groups provide the opportunity for students to build a strong community with their peers and gain the social skills to carry out healthy relationships with others.



## Connect to a mentor

Most young people admit that they want a person a bit older than them who would listen to them and help them figure out some things in life without judging them. Elevate is a place where your student can find those mentors.



## Discover goals

Some young people don't set goals because they have no idea what they want to be doing 5 years from now. Elevate groups help youth focus in on their own definition of success and what immediate goals will lead them to find it.

## Push through hard times

Life gets hard a lot more often than we think it should. Elevate groups provide a place for teens to separate thinking from feeling, take a deep breath and find the support they need to push through and move forward.

## Elevate confidence

Confidence is usually the missing fuel we need to step up and try new things or take any kind of positive risk. Elevate groups help teens figure out what they want and then smash through the barriers that have kept them sitting back and wishing instead of doing.