



Helping students elevate
their life skills so they
can grow confident
emotionally and
thrive socially.

Identifying the need

Young people are entering adulthood lacking core life-skills competencies in critical thinking, communication, problem solving and self-regulation; all of which are critical to their personal growth and resiliency against high-risk behaviors and hopelessness.

Our Solution

Through Elevate's life-coaching intervention program:

- We establish strong mentor-coaching relationships; leading students to **personal ownership** of their choices and actions.
- We build strong peer communities; contributing to **healthy socialization**.
- We provide access to **skills-growth** in relationships, goal-accomplishment and personal development.

Focus

- On-campus groups for middle and high school Students
- Elevate groups are being effectively used as an **intervention process for at-risk students**, or as a pathway for **leadership development**.

How do we make a difference?

- We engage students through **coaching methodology** which contributes to new skills in critical thinking, problem-solving, and social/emotional development.
- We grow face-to-face peer relationships and accountability.
- We provide structured group and one-to-one interactions with **skilled mentor-coaches**.
- Our balanced approach concentrates on each teenager's **connections, fitness, intellect and emotions**.

Student reported gains:

- *"Breaking up goals into smaller achievable goals"*
- *"Being heard without judgment"*
- *"Listening to other students share their stories made me feel close to them"*
- *"Not being judged by the group"*
- *"Listening to other students' advice, looking at things from a different way"*



Testimonials of School Staff:

- *"I've found I can move some students further and faster through EYS coaching than I could through traditional therapy." A.C. Therapist*
- *"I've been impressed with the way the students in EYS groups have changed their behaviors and become more pro-active in solving problems." J.T. K-8 Principal*



ELEVATE
YOUTH SOLUTIONS

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