

# 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.

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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
- Take new chances
- Bounce back from failures
- 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 \$20 per student.