Become

A SOFT SKILLS FOR LIFE INITIATIVE

Unstoppable

FALL 2019

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FUTURESTRONGACADEMY.COM
The Curious & Balanced Child Initiative
(K THRO' 6TH GRADES)

NAME YOUR POWER
ACTIVE LISTENERS RULE
LABEL YOUR EMOTIONS
MANNERS & ETIQUETTE
SAY THIS NOT THAT
USE YOUR WORDS
RESPECT & INTEGRITY
GOAL SETTING &
SUSTENANCE
FOCUS MANAGEMENT
COPING TECHNIQUES

Lesson plans for each concept include Concept
Introduction, Thought Exercises, Brain Breaks, Riddles & Stories based
on grade level.

All our activities are built under the framework of 6 C's -
Confidence, Communication, Collaboration, Clarity, Commitment and
Courage.

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https://futurestrongacademy.com/register/

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The Good Citizen Initiative
(12 to 18 years old)

- Combat Digital Addiction
- Understand Teen Brain
- Decode Your Parents
- Become a Top Performer
- Goal Setting
- Focus, Time and Stress Mgmt
- Set Your Mind
- The Social Contract - Manners
- Secrets of Leaders
- Epic Productivity
- Level Up In Real Life

Bonus for High Schoolers: College Readiness

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