

Reaching is a non-profit organization dedicated to helping young people live healthier and happier lives. Our character-building leadership program inspires and prepares students to succeed and to reach their potential!

Our nine session program is designed to:

- Increase Self Confidence and Self Esteem
- Teach Goal Setting Strategies
- Strengthen Decision Making Abilities for School and Life
- Enhance Public Speaking and Interpersonal Communication Skills
- Learn Effective Stress and Coping Skills

The program runs for eight consecutive weeks, plus a ninth session for a Graduation Celebration. The class meets once per week for two-hours. Seats are limited to twenty-five students.

SESSION 1 - YOU ARE A MIRACLE

Discover the Leader within You

SESSION 2 - REMEMBERING

Develop Self-Awareness

SESSION 3 - PURPOSE IN LIFE - SETTING GOALS

Set and Achieve S.M.A.R.T. Goals

SESSION 4 -MANAGING STRESS

Reduce Stress and Overcome Worry

SESSION 5 - CHANGING LIMITING BELIEFS

Identify Negative Beliefs that Hold You Back

SESSION 6 - FEAR TO FREEDOM

Gain Strength, Courage and Confidence

SESSION 7 - POSITIVE LIFE CHOICES

Strengthen Decision Making Abilities

SESSION 8 - HAPPINESS THROUGH GIVING AND LOVING

Lead with Compassion and Understanding

SESSION 9 - GRADUATION CELEBRATION

Want To Learn More

For more information on how to register please contact Reaching Higher at info@reachinghigherinc.com or call 810.220.8812. Also visit our website at reachinghigherinc.org



The power of Hope. The skills to Cope.



reachinghigherinc.org

SESSION 1 – YOU ARE A MIRACLE

Discover the Leader within You

Students explore their miraculous and unique nature and begin to create a positive community within the group.

SESSION 2 – REMEMBERING

Develop Self-Awareness

Students put away negative messages they have “learned” about themselves and re-discover the precious parts of who they are.

SESSION 3 – PURPOSE IN LIFE – SETTING GOALS

Set and Achieve S.M.A.R.T. Goals

Students look at their unique gifts and explore how to set and attain realistic goals.

SESSION 4 – MANAGING STRESS

Reduce Stress and Overcome Worry

Students learn techniques for impulse intervention and stress relief, as well as ways to overcome worry.

SESSION 5 – CHANGING LIMITING BELIEFS

Identify Negative Beliefs that Hold You Back

Students look at negative beliefs about themselves and learn practical techniques to replace these images with positive beliefs.

SESSION 6 – FEAR TO FREEDOM

Gain Strength, Courage and Confidence

Students explore the impact of fear in their lives and learn techniques for releasing fear.

SESSION 7 – POSITIVE LIFE CHOICES

Strengthen Decision Making Abilities

Students hear testimonials of real “poor life choice” experiences and are taught how to make good choices for themselves.

SESSION 8 – HAPPINESS THROUGH GIVING AND LOVING

Lead with Compassion and Understanding

Students give to one another and through kind action/communications they are able to experience the true happiness that results.

SESSION 9 – GRADUATION CELEBRATION

Mark Your Calendar

On this life changing evening the Reaching Higher Graduates will share their 8 week accomplishments with family, friends and faculty. A celebration that many will remember for a lifetime!

For more information please contact Reaching Higher at info@reachinghigherinc.com
Also visit our website at reachinghigherinc.org

