

Q: What is "Reaching Higher?"

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

The 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

Q: How long does the program run?

The program runs for eight consecutive weeks, plus a ninth session for a Graduation Ceremony. The class meets once per week for two-hours and can be scheduled to fit class periods.

Q: How much does the program cost?

The investment is \$5000 for 25 students. This equates to \$200 per student and includes 18 hours of classroom instruction, program guides, materials and mentoring.

Q: How do you identify the best students for the program?

Working closer with the school's leadership team and counselors, we identify students that have the greatest opportunity to benefit from the program. Students may also request to be considered.

Q: Can you help us find Grant Funding?

Yes. Reaching Higher has a successful track record with grant writing to support local programs. We have created a user-friendly template to help put together grant solicitations. Please contact us to discuss your unique situation.

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

REACHING
HIGHER™

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!

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