

Reaching Higher 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.

OUR LEADERSHIP SESSIONS:

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

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