



## **TAKE THE LEAP**

### **EMPOWERING TEENS TO BE THEIR BEST!**

#### **6 STEPS TO BETTER CHOICES, CONFIDENCE & RELATIONSHIPS**

**The LEAP Program** helps youth and teens identify their purpose, overcome their limiting beliefs, enhance peer relationships, and develop a plan for reaching their true potential. Using a strategic coaching process, the LEAP Program teaches youth greater respect for the choices they make, increased confidence in themselves, better problem solving skills, stronger relationships with friends and loved ones, and more motivation and commitment towards their future.

#### **COACH RANDY**

Since 1985, thousands of teenagers have benefited from Coach Randy's motivation, training, facilitation and coaching services. Coach Randy is a national keynote speaker and workshop facilitator. His hands-on experience coupled with his background, education and training, has proven to be extremely beneficial to his clients.

The LEAP Program is a culmination of twenty years of commitment to youth, teens and young adults. Through the Four Cornerstones and the five Core Principles teens are taken on a journey of self-discovery, empowerment, and life fulfillment. The LEAP Program is designed for anyone who wants to learn more about their life, challenges and dreams.

#### **VALUE ADDED BENEFITS**

- ✓ Youth make better choices about: friends, family, school, future
- ✓ Youth experience an increase in confidence and self-esteem
- ✓ Youth develop healthier relationships
- ✓ Youth learn problem solving skills to avoid the pitfalls of peer pressure
- ✓ Youth learn to decrease anger and negativity
- ✓ Youth will unlock their true potential
- ✓ Parents/Guardians provide youth with essential tools and support
- ✓ Parents/Guardians enhance their family experience

#### **CHALLENGES FACING TODAY'S TEENS**

- ◆ Tremendous amounts of stress
- ◆ Complicated choices
- ◆ Parental expectations
- ◆ Entitlement and immediate gratification
- ◆ Low levels of self-esteem and confidence
- ◆ Insurmountable pressures to fit in
- ◆ Bullying and violent behaviors
- ◆ Increased consequences
- ◆ Fear of failure and mistakes
- ◆ Common place of alcohol, drugs, smoking, sex and explicit internet images

#### **6 STEPS TO BETTER CHOICES, CONFIDENCE & RELATIONSHIPS**

1. Who am I?
2. Identify purpose, values and desires
3. Motivate self through leadership principles
4. Turn goals into reality
5. Remove barriers & obstacles
6. Develop an action plan for future success