EMPOWERMENT & PURPOSE

SELF AWARENESS
- Dismantling Negative Internal Messages
- Cultivating Joy
- Cultivating Curiosity
- Identity
  - Knowing Your Power/Strength
  - Celebrating Heritage
- Self Care
  - Understanding Stress
  - Understanding Trauma

RELATIONSHIPS
- Social Awareness or "Reading the Room"
- Community & Environmental Relationships
- Courageous Conversations
- Relationship needs
- Collaboration

PROBLEM SOLVING
- Goal Setting
- Growth Mindset & Risk Taking
- The Ability to Persist
- Critical Thinking
- Creativity
- Executive Functioning
- Civic Engagement
- Problem Solving
- Social Justice
- Confidence & Self Efficacy

EXPAND PERSPECTIVES
- Life Skills
- Communication Skills
- How to Learn
- Reflection Skills
- Anti-Racist Curriculum
- "How to Learn"