

# EMPOWERMENT & PURPOSE

## SELF AWARENESS

Dismantling Negative Internal Messages  
Cultivating Joy  
Cultivating Curiosity

Self Care  
Understanding Stress  
Understanding Trauma

### Identity

↳ Knowing Your Power/Strength  
↳ Celebrating Heritage

## 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 Persevere      Critical Thinking  
Creativity      Executive Functioning  
Civic Engagement      Problem Solving  
Social Justice      Confidence & Self Efficacy

## EXPAND PERSPECTIVES SKILLS, & KNOWLEDGE

Life Skills      Communication Skills  
How to Learn      Reflection Skills  
Anti-Racist Curriculum