

HYBRID PROGRAMMING SERIES

cool**speak**..
The Youth Engagement Company



JUAN CANGAS

Have your students ever felt unmotivated about school or like giving up? Then they have shared similar feelings as

Juan Cangas.

He had to find his own motivation to succeed as a young teen wrestling with the challenges of life.

The good news is he made it through and he's here to show your students how they can too.

His drive to overcome barriers and desire to make his mother proud helped him become the first person in his family to finish college.

He utilizes his life experiences and crazy humor to help inspire and coach students all over the nation.

But perhaps what he's best known for is his world class smile.

"When you make a real decision, then everything can change."



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Future-Based Decisions

The challenges your students face today are tougher than at any time in history: pandemic learning loss, uncertainty about their future, depression, and peer pressure, just to name a few. And, like it or not, the choices your students make while navigating these challenges can make or break their future. In the Future-Based Decisions Series, Juan gives your students the strong advice they need to make informed and wise decisions in important life areas of relationships, school, and a future career.

Sessions can be virtual or face-to-face and customized for students, parents and/or teachers.

Using real life stories & engaging learning activities, Juan shows your students how to succeed in school, build healthy relationships, overcome limiting fears, navigate transitions (middle school to high school to college) & start their career exploration journey. Jam-packed with valuable information and delivered with Juan's passionate and high energy style, this motivational programming will help your students not only survive but THRIVE during their teen years and beyond.

SERIES OBJECTIVES:

- *Students will gain better self-awareness of their current life circumstances and make responsible decisions to move toward a better future.*
- *Students will improve their interpersonal skills and learn how to build healthy supportive relationships*
- *Students will use critical thinking skills to develop thoughtful plans to achieve their goals in different areas of life (academics, career, and relationships).*

SERIES SESSION OUTLINE

Duration of all Sessions: 45-90 min

Session descriptions available upon request

Session 1: **Real Decisions** Virtual Face-to-Face

- Keynote Presentation
- Learning Objectives: **Students will...**
 - Identify areas in their life they need to change (academics, family life, relationships)
 - Learn how to make responsible decisions
 - Grow in their critical thinking skills
 - Discover the reasons “why” they want to succeed

Session 2: What are you aiming at: **Focused Goals** Virtual Face-to-Face

- Learning Objectives: **Students will...**
 - Establish specific and timebound goals
 - Discover methods and strategies to achieve their goals.
 - Develop critical thinking and decision-making skills that will be crucial to overall success.

Session 3: Who’s Got Your Back: **Growing Healthy Relationships** Virtual Face-to-Face

- Learning Objectives: **Students will...**
 - Learn the contrasting qualities between healthy & unhealthy relationships
 - Decide what they value in a friendship and how to grow healthy friendships.
 - Understand the benefits of communication in relationships and learn ways to improve that skill.

Session 4: Don’t Miss Your Shot: **Overcoming Fear through Action** Virtual Face-to-Face

- Learning Objectives: **Students will...**
 - Gain awareness of how fear holds us back from achieving the goals and dreams they want.
 - Improve in their ability to take action in spite of fear.
 - Choose to focus on what they want instead of what they fear during important decisions in life.

Session 5: My Career Choice: **DISCOVER who you are (Part 1)** Virtual Face-to-Face

- Learning Objectives: **Students will...**
 - Be inspired to pursue a fulfilling career
 - Discover their passions, interests, & strengths
 - Gain clarity and confidence on the steps necessary to attain a fulfilling career.

Session 6: My Career Choice: **EXPLORE Careers & BUILD the Skills (Part 2)** Virtual Face-to-Face

- Learning Objectives: **Students will...**
 - Be exposed to new career options
 - Learn the three different methods to career exploration
 - Design a plan to gain the knowledge and skills necessary for their chosen career.

Session 7: Fickle Fame or Firm Foundations Virtual Face-to-Face

- Learning Objectives: **Students will...**
 - Start to value having a firm foundation of positive traits over immediate success
 - Identify foundational traits to build now for future success
 - Learn a practical and proven habit-forming strategy



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Session 8: Plot Twist: **Successfully Navigating Transitions** **Virtual** **Face-to-Face**

- Learning Objectives: **Students will...**
 - Reflect, celebrate, and learn from the stage of life their leaving.
 - Evaluate the most important decisions they'll be faced with during the transition.
 - Develop a game plan to overcome forecasted obstacles and achieve future goals.

Session 9: Choosing Love over Fear (**Parent Workshop**) **Virtual** **Face-to-Face**

- Learning Objectives: **Parents will..**
 - Be inspired and moved to prioritize their relationship with their child as their most powerful tool to influence them.
 - Learn how to support their children in the most challenging times
 - Adopt techniques to respond intentionally instead of reacting out of impulse.



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