

HYBRID PROGRAMMING SERIES

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



ZACH GOWEN

Sometimes you have to lose everything to find yourself. Zach Gowen lost his dad at a young age; lost his leg to cancer at 8 years old; and almost lost his life to drugs in his 20s. Yet through it all, he dared to defy the odds when he became a WWE Superstar.

He's traveled the world sharing his story of resilience and tenacity. From being a ninja warrior to climbing mountains, he is living proof that you should never, ever give up before the miracle happens.

"Reach out, take your shot and don't quit before the miracle happens."



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Wellness 101: The Leadership Road is Paved in Self Care

The Wellness 101 series will equip students to successfully navigate the new challenges in a world that's changing at an exponential pace. The series will share proven techniques and tools in a collaborative setting on how to turn any obstacle into an opportunity for growth. We must put our own oxygen mask on before assisting others.

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

Self-care must be a priority with mental illness, anxiety, social pressures, and addictions are at an all-time high. In Wellness 101, students will learn how to become the best versions of themselves so they can be of maximum service to their schools, homes, and communities.

SERIES OBJECTIVES:

- *Students will acquire proven techniques and tools for self-care*
- *Students will improve their EQ and compassion for one another*
- *Students will understand the key ingredient in leadership and success is service to others*

SERIES SESSION OUTLINE

Duration of all Sessions: 45-90 min

Session descriptions available upon request

Session 1: High Risk Maneuvers **Virtual** **Face-to-Face**

- Keynote Presentation
- Description of Keynote: Zach has wrestled with demons, climbed the highest peaks, and has overcome some of the biggest obstacles life can offer. Daring to defy the odds, expectations, and limitations society imposed on him, Zach became one of the most inspirational athletes in the world. The message is simple: Life is not about what happens to us, life is about how we respond to what happens to us. If our responses are rooted in faith, service, and self-care then there is an unimaginable amount of success and usefulness waiting for us.

Session 2: What does your diet look like? **Virtual** **Face-to-Face**

- Learning Objectives:
 - Understanding the effects of an improper food and media diet
 - Demonstrate proven techniques of how to maintain healthy balance of consumption
 - Demonstrate how taking care of ourselves via diet and moderation of distraction can improve grades, lower stress, and increase optimism

Session 3: DDPYoga for Students! **Virtual** **Face-to-Face**

- Learning Objectives:
 - Learn proven movement techniques to increase focus, reduce stress, relieve anxiety, and improve cognitive function
 - Learn proven safe movement techniques to increase flexibility, reduce body pain, improve balance, and increase metabolism
 - Demonstrate why loving ourselves no matter what size or shape we are critically important when it comes to grades, test taking, success, and happiness in life

Session 4: Mindfulness and gratitude have to be cultivated **Virtual** **Face-to-Face**

- Learning Objectives:
 - Demonstrate the physical and mental benefits of intentional breathing
 - Demonstrate the importance of cultivating daily gratitude in student's lives
 - Simple, daily exercises to promote the ability to cope with stress, increase optimism, increase resilience, improve sleep, and reduce stress

Session 5: Addiction awareness and recovery **Virtual** **Face-to-Face**

- Learning Objectives:
 - Understanding what addiction is and what it can look like and who it can affect
 - Learn how to support a loved one or friend who's currently battling
 - Understanding that addiction is not a moral failing and recovery is possible

Session 6: Self-Care Club Challenge! **Virtual** **Face-to-Face**

- Learning Objectives:
 - Understanding the importance of accountability and community
 - Learn how serving others can improve ourselves
 - Demonstrate the importance of leadership and how it can change the culture

Session 7: Back to school strategies to set up students for success! **Virtual** **Face-to-Face**

- Learning Objectives:
 - Demonstrate the importance of self-discipline
 - Demonstrate how to lead by example
 - How to build momentum that will put students in a better position to succeed in uncertain times



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Session 8: How to increase empathy in an increasingly divided country **Virtual** **Face-to-Face**

- Learning Objectives:

- Demonstrate how empathy allows leaders to build and develop relationships with those they lead
- Understanding how feeling understood is important for students to stay motivated, increase self-awareness, and encourages them to advocate for themselves
- Demonstrate how embracing diversity can build confidence, prepare students for life after school, and improve student achievement

Session 9: Leadership through service **Virtual** **Face-to-Face**

- Learning Objectives:

- Learn the benefits of tutoring and mentorship
- Understanding how service can boost resume and job prospects
- Demonstrate how making connections and cultivating relationships can benefit students in their academics and personal lives



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