



@drrizospeakslife



PURPOSE LOVE

AT-HOPE

7 ACEs!



ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



Substance Abuse



Divorce

PURPOSELOVE

AT-HOPE

Helping At-Hope Students
Heal & Thrive





PURPOSE **SELOVE**

AT- HOPE



Quick Write

*What does at-hope
mean to you?*



PURPOSE**SE****LOVE**

AT- HOPE MINDSET

- From Deficit to Strength – Focus on potential, not problem
- From Compliance to Connection – Build relationships before redirection
- From Behavior to Belief – See actions as communication, not defiance





At- Risk vs. At-Hope

- Labels LIMIT, Hope
HEALS
- **How does language
shape student identity?**



LOVE FRAMEWORK

- **LISTEN & LEARN**
- **OVERCOME**
- **VALIDATE**
- **EMPATHIZE**



LISTEN & LEARN

- Social Awareness
- Relationship Skills



We don't fix students before we understand them.



OVERCOME

- Decision-Making
- Self- Management
- Reframe Challenges



Struggle is not identity — it's room for growth.



VALIDATE

- I see you
- Your story matters
- You are not broken
- You are BECOMING

*Shame reduction increases
resilience.
Resilience fuels hope.*



EMPATHIZE

- Empathy builds belonging
- Belonging builds HOPE



*Validation says, "Your feelings are real."
Empathy says, "I feel with you."*



PURPOSESELOVE STRATEGY

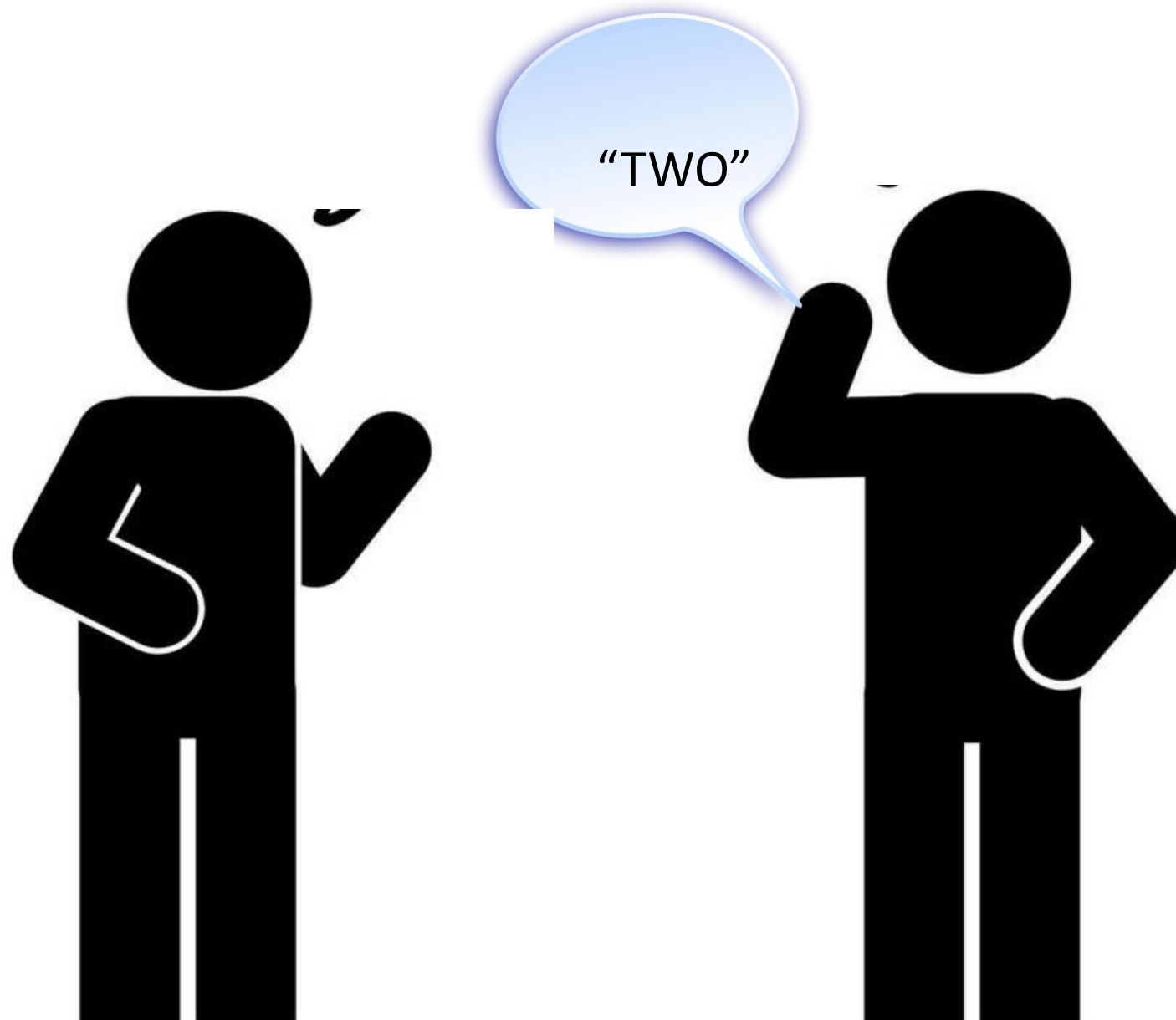
Ready 1-2-3!



**Find a partner as if you
are stretching for the
biggest game of your
life!**









Ready 1-2-3!

- 1 word I want them to feel





A black silhouette of a man on the left and a woman on the right, both clapping their hands. A light blue speech bubble with a white outline is positioned between them, containing the text "TWO".

"TWO"



Ready 1-2-3!

- 1 word I need to be to create that feeling







“CHICKEN
WING”





Ready 1-2-3!

- 1 way I can practice being that way.



Ready 1-2-3!

- 1 word I want to them to feel
- 1 word I need to be to create that feeling
- 1 way I can practice being that way.



PURPOSELOVE STRATEGY

The PLAYLIST from
EXPERTS



The PLAYLIST

- What strategies do you use do build CONNECTIONS?
- Find 3 Share 3
- Write on the back of your PurpoSELove Strategies to go cards



Call To Action

*On purpose, I will _____ to help
my students heal, learn, and
thrive.*



PURPOSELOVE

Reaching **Hearts** Before Minds!

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@COOLSPEAK



<https://clspk.com/BookRizo>



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Listen & LEARN

Overcome- Reframe challenges

Validate

Empathize- Imagine the morning of
a student with 5 ACE's

Self Reflection

On purpose, I WILL

to help my students Heal, Learn,
& Thrive



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