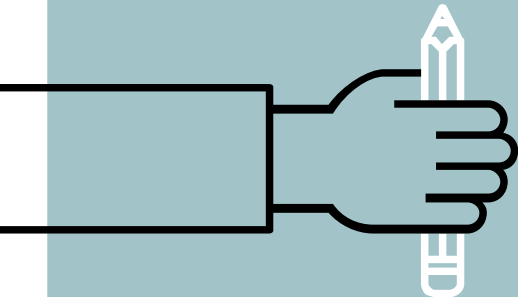
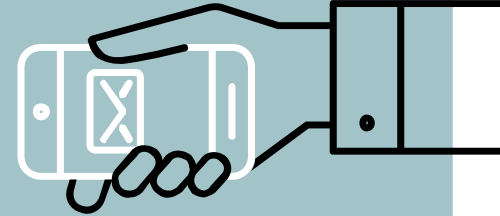


YourPassion1st

*"In order to achieve your dreams, you
have to follow #YourPassion1st"*

Program Offerings



MENTORING PROGRAM OFFERINGS

- ▶ Mental Health
- ▶ Workforce-Readiness
- ▶ Entrepreneurship
- ▶ Anti-Bullying
- ▶ Suicide Awareness
- ▶ Spoken Word
- ▶ Parental Engagement





PROGRAM OBJECTIVES:

1. Increase self-confidence
2. Follow your passion into the workforce
3. Develop self-awareness
4. Learn to use tools that promote positive self-expression
5. Handle conflicts constructively
6. Manage your emotions
7. Improve your relationships
8. Provide tools & training around mindfulness
9. Reduce negative social stigmas
10. Encourage vulnerability, positive dialogue and engagement





Nearly
46,000
people died by
suicide in 2020



1 death every
11 minutes

Many adults think about
suicide or attempt suicide

12.2 million
Seriously thought about suicide

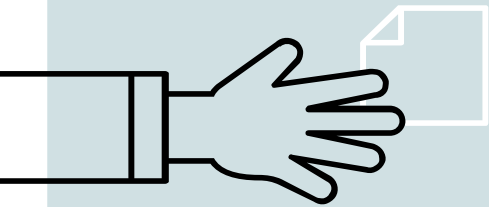
3.2 million
Made a plan for suicide

1.2 million
Attempted suicide

If you or someone you know
is in crisis, please contact the

**988 Suicide and
Crisis Lifeline**

- Call or text 988
- Chat at 988lifeline.org

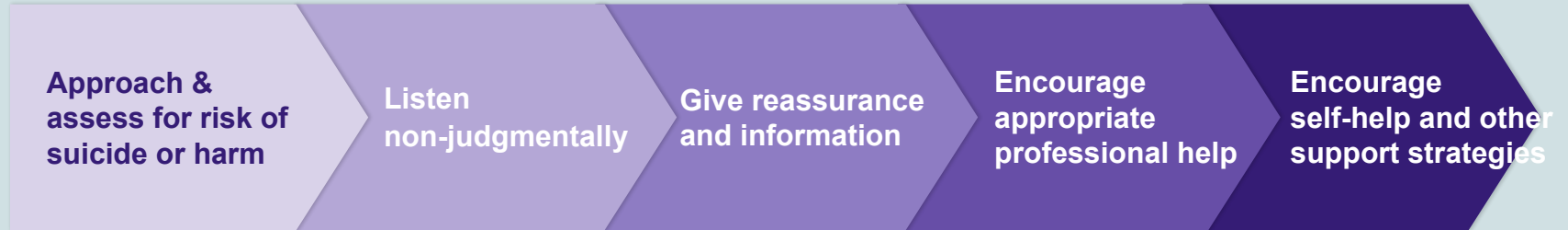


SUICIDE AWARENESS

<https://www.cdc.gov/suicide/suicide-data-statistics.html>

BRINGING AWARENESS TO SUICIDE EVERYWHERE (B.A.S.E.)

B.A.S.E. is a program that helps bring awareness to suicide no matter the age, race or geographic area and teaches youth how to properly recognize and assess peers that may be experiencing suicidal thoughts or tendencies and get them immediate help. B.A.S.E. does this by way of showing youth different action plans and implementing a step by step approach including but not limited to the below:



The final phase of B.A.S.E. is an action plan campaign entitled 'Hear Our Hearts', which gives young adults an opportunity to share their pain and tears, while healing through different forms of expression such as Dance, Modeling, Spoken Word, etc. The 'Hear Our Hearts' campaign allows a safe space to express themselves while building courage and confidence. Additionally, this campaign will focus on engaging community members through an impressive letter writing project.

1 in 5 high school students reported being **bullied** at school in the last year.

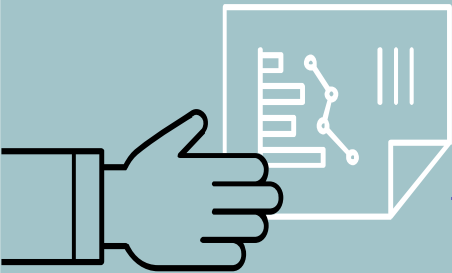


More than **1 in 6** high school students reported being **cyberbullied** in the last year.



ANTI-BULLYING

https://www.cdc.gov/violenceprevention/pdf/yv/Bullying-factsheet_508_1.pdf

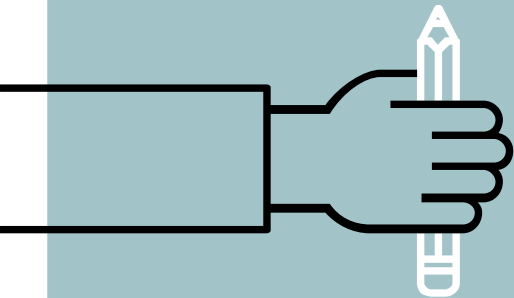
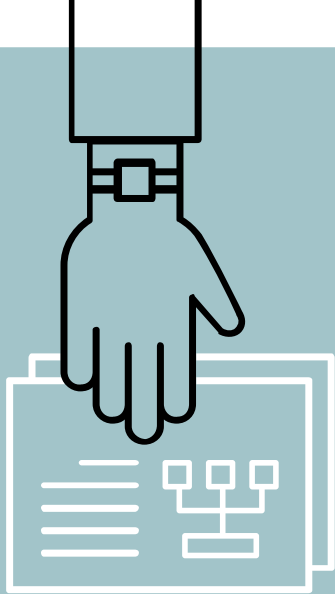


ANTI-BULLYING

YP1 will address the most common and most overlooked bullying tendencies. Bullying can also occur through technology, which is called electronic bullying or cyberbullying. A young person can be a perpetrator, a victim, or both (also known as “bully/victim”). Some of the tendencies that we address include but are not limited to:

- **Physical:** Hitting, kicking, tripping, etc.
- **Verbal:** Name calling and teasing
- **Relational/Social:** Spreading rumors and leaving out of the group
- **Reactive:** Coaxing others into harming them
- **Sexual:** Sexuality or gender is used as a weapon against another
- **Damage To Property:** Of the victim

By the end of the workshop series, youth/young adults will gain the ability to advocate for themselves and others, file an incident report if they feel threatened, engage in role play through conflict resolution strategies, as well as how to avoid and defuse rumors and gossip. Additionally, young adults will learn about cyberbullying, how to prevent it, and how to respond to it if someone they know is experiencing it.



NEARLY 50 M
OR 19.86% OF AMERICAN
ADULTS EXPERIENCED A
MENTAL ILLNESS IN 2019.

24.7%
OF ADULTS WITH A MENTAL
ILLNESS REPORT AN UNMET
NEED FOR TREATMENT. THIS
NUMBER HAS NOT DECLINED
SINCE 2011.

**MORE THAN
HALF**
OF ADULTS WITH A
MENTAL ILLNESS DO NOT
RECEIVE TREATMENT,
TOTALING OVER 27
MILLION U.S. ADULTS.

11.1%
OF AMERICANS WITH A
MENTAL ILLNESS ARE
UNINSURED, THE SECOND
YEAR IN A ROW THAT THIS
INDICATOR INCREASED
SINCE THE PASSAGE OF
THE AFFORDABLE CARE
ACT (ACA).

4.58% OF ADULTS REPORT HAVING
SERIOUS THOUGHTS OF SUICIDE.
THIS HAS INCREASED EVERY YEAR
SINCE 2011-2012.

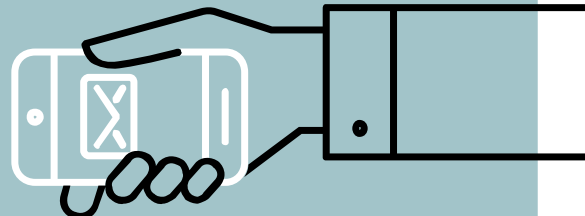
15.08% OF YOUTH EXPERIENCED A
MAJOR DEPRESSIVE EPISODE
IN THE PAST YEAR.

OVER 60% OF YOUTH WITH MAJOR
DEPRESSION DO NOT
RECEIVE ANY MENTAL
HEALTH TREATMENT.
EVEN IN
STATES WITH
THE GREATEST
ACCESS, **NEARLY 1 IN 3** ARE
GOING
WITHOUT
TREATMENT.

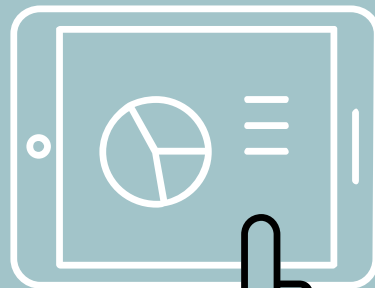
10.6% EVEN AMONG YOUTH
WITH SEVERE
DEPRESSION WHO
RECEIVE SOME TREATMENT,
ONLY 27%
RECEIVE CONSISTENT CARE.
THIS RATE WAS HIGHEST
AMONG YOUTH WHO IDENTIFY
AS MORE THAN ONE RACE, AT
IN STATES WITH THE LEAST
ACCESS, **ONLY**

14.5% **12%**
RECEIVE CONSISTENT CARE.

8.1% OF CHILDREN HAD PRIVATE
INSURANCE THAT DID NOT COVER
MENTAL HEALTH SERVICES,
TOTALING 950,000 YOUTH.



Mental Health Statistics



MENTAL HEALTH

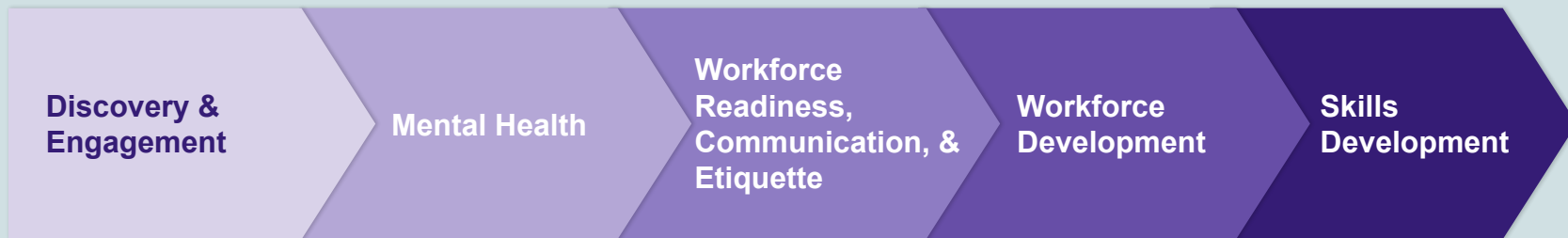
YP1 believes that the path to conscious leadership begins with self-acceptance, so we provide opportunities to learn about, develop, and practice tools that reduce the effects of anxiety, depression, trauma, stress, and other mental health concerns, while increasing opportunities for self-actualization and resilience for young adults.

- **Social Emotional Learning:** develop strategies to handle life's daily stressors
- **Mindfulness:** offer tools and resources to support young adults
- **Natural Connections:** connecting young adults to natural areas of strength & interest
- **Creative Arts:** exposure to different mediums of self-expression
- **Leadership:** offer leadership training & guidance
- **Role Playing & Project-based learning:** provide opportunities for experiential learning

By the end of the workshop series, youth/young adults will gain the ability to advocate for themselves and ask for help, as well as learn tools/resources they can utilize for support. Young adults will learn how to create a space in which self-love, self-care, self-awareness, and self-expression are highly valued as societal assets, so that they can become the dynamic conscious leaders of today and tomorrow.

WORKFORCE-READINESS

Through our series of workshops, we facilitate transformative learning experiences and provide personal development skills, as well as developing strong social emotional learning (SEL) competencies. Exposure to the different elements of different industries will allow participants to discover how they can utilize their passion to fund their future with workshops focused on mental health, etiquette, financial literacy, project management, planning, branding, marketing, resume writing, and a number of other areas key to the success of our young adults.



Workforce readiness can be defined as having new workplace entrants prepared to enter the workforce with the requisite knowledge, skills, abilities and attributes in order to engage in endeavors that will be required in their respective areas of passion. Workforce development differs from workforce readiness by taking a longer view. It focuses not on what the employee needs to know now, but how they can grow and develop over time to contribute even more within their area of passion.

ENTREPRENEURSHIP

Through our series of workshops, we facilitate transformative learning experiences and provide personal & business development skills, as well as developing strong social emotional learning (SEL) competencies.

- **What's Your Why:** understanding how to articulate what motivates you
- **What Are You Working With:** leveraging your abilities in the business world
- **Vision & Mission Statement:** learn how to develop a compelling & concise message
- **Business Plan:** learn how to articulate your plan
- **Marketing:** develop a strong marketing plan
- **Networking:** develop strategies to grow your network

By the end of the workshop series, youth/young adults will gain access to strategies that will improve their abilities to advocate for their product. Learning about these different strategies will help create career plans and take part in long-term relationship-building activities.

SPOKEN WORD

YP1 believes that spoken word encourages introspection which is the key to unlocking your true identity and building self confidence. We explore different feelings and emotions while learning how to overcome them through expression. Words have energy and power with the ability to help, to heal, to hinder, to hurt, to harm, to humiliate and to humble." Considering the 'powerful force' of the words we utter, we must discipline ourselves to speak in a way that conveys respect, gentleness and humility.

- **Improve:** literacy skills
- **Build:** confidence and stage presence
- **Implement:** conflict resolutions strategies
- **Expand:** vocabulary
- **Learn:** proper tools, techniques, and practices to improve self-care
- **Harness and develop:** SEL skills to include but not limited to self-awareness, communication, and stage presence

By the end of the workshop series, youth/young adults will improve their literacy and communication skills, be able to confidently engage in public speaking, will acquire new conflict resolution strategies, and be able to advocate for themselves through verbal or written expression. In addition to this youth/young adults will gain advanced SEL skills to include but not limited to, self-awareness, self-management, responsible decision making, relationship skills and social awareness.

FAMILY ENGAGEMENT

Research from the National Coalition for Parent Involvement in Education shares that “no matter their income or background, students with involved parents are more likely to have higher grades and test scores, attend school regularly, have better social skills, show improved behavior and adapt well to school (2019).” It is essential in family engagement to empower families and caregivers by providing them with ways to actively participate. Promote them as important voices in your school and remove barriers to engagement.



We engage parents & family by providing a variety of activities and frequent occasions to fully involve parents including providing parenting support, increasing communicating with parents, creating volunteer opportunities, supporting learning at home, encouraging parents to be part of decision making in schools and collaborating on a regular basis. When students receive more support, classrooms with engaged families perform better as a whole.

INDIVIDUAL LEADERSHIP BOARD

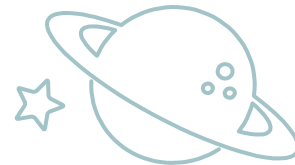


Just like life, the more you put in,
the more you'll get out!!!

So give it what you got 

- Weekly Prizes..... **Food of your choice (\$25)**
- Monthly Prizes..... **\$25**
- Referral Prizes..... **\$50**
- Certificate upon Completion

INDIVIDUAL POINTS:



- ▶ Arriving On time..... **1 pt.**
- ▶ Staying until the end..... **1 pt.**
- ▶ Complete Projects..... **2 pts.**
- ▶ Bring a friend (must stay for entire class) **3 pts.**
- ▶ \$50 Referral Bonus (must stay for entire program)..... **5 pts.**

OTHER WAYS TO EARN POINTS:

- ▶ Participate..... **1 pt.**
- ▶ Show growth..... **1 pt.**
- ▶ Complete Assessments..... **2 pts.**



PRICING BASED ON COHORT SIZE OF 12 YOUTH/YOUNG ADULTS

SERIES OF 4

- 1 Month
- 4 Workshops
- 1hr per workshop
- \$1,600
- Includes snacks

4

12

3 MONTHS

- 3 Months (12 Workshops)
- 1 Workshop per week
- 1hr per week
- \$4,400
- Includes snacks, meal once a month, & outings (additional charge)

- 1 Workshop
- 1-4 hr sessions available
- \$400 p/hr
- Includes snack

1

24

- 6 Months (24 Workshops)
- 1 Workshop per week
- 1hr per session
- \$9,100
- Includes snacks, meal once a month, & outings (additional charge)

SINGLE WORKSHOP

6 MONTHS

THANK YOU!

Any questions?

✉ info@yourpassion1st.com

📎 www.yourpassion1st.com

📷 @YourPassion1st

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