



Success in school, work, and life depends on more than academics. Self-awareness, emotional regulation, communication, and decision-making shape how people learn, work with others, and navigate life.

*Without these, nothing else sticks.*

## AUDIENCE

### YOUTH & YOUNG ADULTS:

Middle and high school students, CTE, internship & work-based learning, young professionals, community college students, GED programs

### ADULTS:

Upskilling, non-traditional training, re-entering workforce, adult learners, justice-impacted individuals

### ORGANIZATIONS:

Workforce development programs, community-based organizations, job training centers

**By the end of the program, learners will be able to:**



**IMAGO delivers these experiences or equips your educators to deliver them.**



## Experience Kit:

1. Life Skills Lessons tailored to meet program needs
2. Facilitator Guides that support experience first instruction
3. Life Skills Certificates to highlight completion
4. AI assessments to benchmark readiness and track progress



## CHOOSE YOUR LEARNING EXPERIENCE

Deliver as a multi-week program



OR

Deliver as one-week intensive (4 hours/day) modules

**40 hours of experience-based learning through curated lessons, scenarios, practice, and reflection in 15–60 minute modules.**

**Because life doesn't come with instructions;**

Helping learners build the awareness, habits, and resilience needed for school, work, and life.

## ***Identity, Emotions, Self-Regulation***

*Self-awareness, emotional regulation, and personal responsibility*

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**What's Your Mood:** Learners explore the Mood Meter to recognize emotions and understand how energy and feelings influence behavior.

**Breath:** Learners practice noticing their breath, regulating emotions, and making more thoughtful decisions.

**Emotions in the Body:** Learners observe how emotions show up physically and learn strategies to regain control in tense moments.

**Anger Management:** Learners identify anger triggers and practice strategies for responding calmly and constructively.

**Self-Regulation Skills:** Learners explore techniques for managing impulses, staying focused, and responding thoughtfully.

**Accountability Matters:** Learners reflect on why accountability matters and practice following through on commitments.

**Clear Values, Clear Identity:** Learners explore how values shape identity and guide behavior.

**Building Integrity:** Learners examine how integrity influences decisions, relationships, and character.

## ***Growth, Mindset & Coping***

*Coping skills, resilience, and learning from challenges*

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**Fixed vs Growth Mindset:** Learners explore how mindset influences learning, effort, and success.

**Changing Thought Patterns:** Learners practice reframing negative self-talk and building supportive thought habits.

**Facing Failure:** Learners reframe failure as an opportunity for learning and growth.

**Healthy Coping:** Learners explore strategies for managing stress and responding to challenges constructively.

**Understanding Anxiety:** Learners identify signs of anxiety and explore tools for managing it.

**Overcoming Helplessness:** Learners develop persistence and agency when facing obstacles.

**Responsibility:** Learners explore what it means to take responsibility for choices and actions.

**Imposter Syndrome:** Learners explore why imposter syndrome happens and how it can affect confidence, motivation, and decision-making.

**Whisperer vs. Self-Compassion:** Learners practice replacing self-criticism with compassion to navigate setbacks and self-doubt.

## ***Relationships, Voice, & Group Work***

*Social awareness, communication, and collaboration*

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**Strengthening Connections for Well-Being:** Learners explore simple habits that build belonging and strengthen relationships.

**Being Prosocial:** Learners reflect on how helping others supports well-being and community.

**Respect Under Pressure:** Learners practice responding to conflict and tension with respect and awareness.

**The Anti Team Player:** Learners explore effective teamwork and how individual behavior impacts group success.

**How to Speak Up for Yourself:** Learners practice expressing needs and boundaries clearly and respectfully.

**Self-Expression:** Learners explore creative ways to express identity, thoughts, and emotions.

## ***Leadership & Future Readiness***

*Decision-making, goals, and personal direction*

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**Making Choices:** Learners explore how decisions shape long-term outcomes.

**Slow and Fast Thinking:** Learners examine how the brain makes decisions and when to slow down.

**Problem Solving Skills:** Learners practice a structured approach to analyzing and solving problems.

**Thinking Creatively:** Learners explore creativity as a tool for problem solving and innovation.

**Finding Strengths:** Learners identify personal strengths that build confidence and identity.

**Leadership:** Learners explore leadership styles and how to lead in everyday situations.

**Ownership of Goals:** Learners practice setting meaningful personal and academic goals.

**Finding Purpose:** Learners explore how interests, values, and strengths connect to purpose.

**College, Trade, or Workforce:** Learners explore pathways after school and reflect on options aligned with their goals.

