

HYBRID PROGRAMMING SERIES

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

ERNESTO MEJIA

Ernesto Mejia, the proud son of Mexican immigrants, is a true example of the American dream. Diagnosed with the rare disease of Guillain-Barré Syndrome at the age of 16 that left him temporarily paralyzed, he was not supposed to be a successful student, much less a College Dean of Students.

Through his hardships, Ernesto learned to never give up on life, he now speaks to students, parents and teachers about overcoming obstacles and never giving up on the American dream: education.

**“I am my parent’s
American Dream!”**



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The Parenting Academy

The Parenting Academy will help our parents improve communication with their students, with their student's teachers as well as all of their support staff too. The series is created to help improve relationships, understanding of the education system and our children's needs, as well as how to improve as a parent. The most difficult job in the world that comes with the least amount of training is that of being a parent.

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

Let's help our parents improve their happiness levels at home and with their children so we can ensure academic success for years to come. We promise to create a safe space that will allow our parents to want to openly share their thoughts and concerns as well as their successes.

SERIES OBJECTIVES:

- *Parents will be able to begin, maintain, and continue healthy conversations as home and at school*
- *Parents and their students will improve their EQ, patience and understanding of one another*
- *Parents will gain an array of parenting technique to help improve their overall parenting skills*

SERIES SESSION OUTLINE

Duration of all Sessions: 45-90 min

Session descriptions available upon request

Session 1: My Parents' American Dream **Virtual** **Face-to-Face**

- Keynote Presentation

Session 2: The Happiness Factor: How happiness impacts your overall health and wellness **Virtual** **Face-to-Face**

- Learning Objectives: **Parents will...**
 - Learn how their happiness levels can impact their overall health and productivity
 - Understand what happiness is to them as individuals and as a family
 - Discover a variety of manners to help increase their family's happiness levels

Session 3: Tiny Habits Big Results **Virtual** **Face-to-Face**

- Learning Objectives: **Parents will...**
 - Understand how habits are created
 - Identify different areas in their daily routines that could improve via habits
 - Learn how to build daily habits for themselves and their children

Session 4: How to better support my child during the good, the bad, and the ugly **Virtual** **Face-to-Face**

- Learning Objectives: **Parents will...**
 - Learn how to create dialogue with their children to better understand how to support them
 - Discover some of their own challenges as it relates to support their children
 - Comprehend the importance of raising strong, independent, critical thinkers

Session 5: Understanding how our family history can impact our academic success **Virtual** **Face-to-Face**

- Learning Objectives: **Parents will...**
 - Learn different manners to share their family history with their children
 - Comprehend the impact of knowing our family history and academic success
 - Create a list of questions to begin researching their family history

Session 6: The importance of improving our financial literacy **Virtual** **Face-to-Face**

- Learning Objectives: **Parents will...**
 - Comprehend the basics to credit, FICO score, and how to build credit
 - Discover how to begin having healthy dialogues about money
 - Learn how to create a savings regardless of the amount of money they earn

Session 7: How to improve our communication at home and at school **Virtual** **Face-to-Face**

- Learning Objectives: **Parents will...**
 - Learn how important it is to remain calm during challenging conversations
 - Learn basic communication techniques to use on a daily basis
 - Learn how to formulate questions regarding their students' education



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Session 8: Options after high school **Virtual** **Face-to-Face**

- Learning Objectives: **Parents will...**
 - Better comprehend the array of options available to their children upon completing high school
 - Understand how encourage their student to pursue some form of education beyond high school
 - Learn how to begin dialogues about their children's dreams and aspirations beyond high school

Session 9: Why our mental health matters even more now **Virtual** **Face-to-Face**

- Learning Objectives: **Parents will...**
 - Learn new manners to broach the topic of mental health at home
 - Comprehend what mental health means and how it can impact our households
 - Discover options to help improve their overall mental health as a family and as individuals too



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