

Design Your Life: Youth Empowerment Series

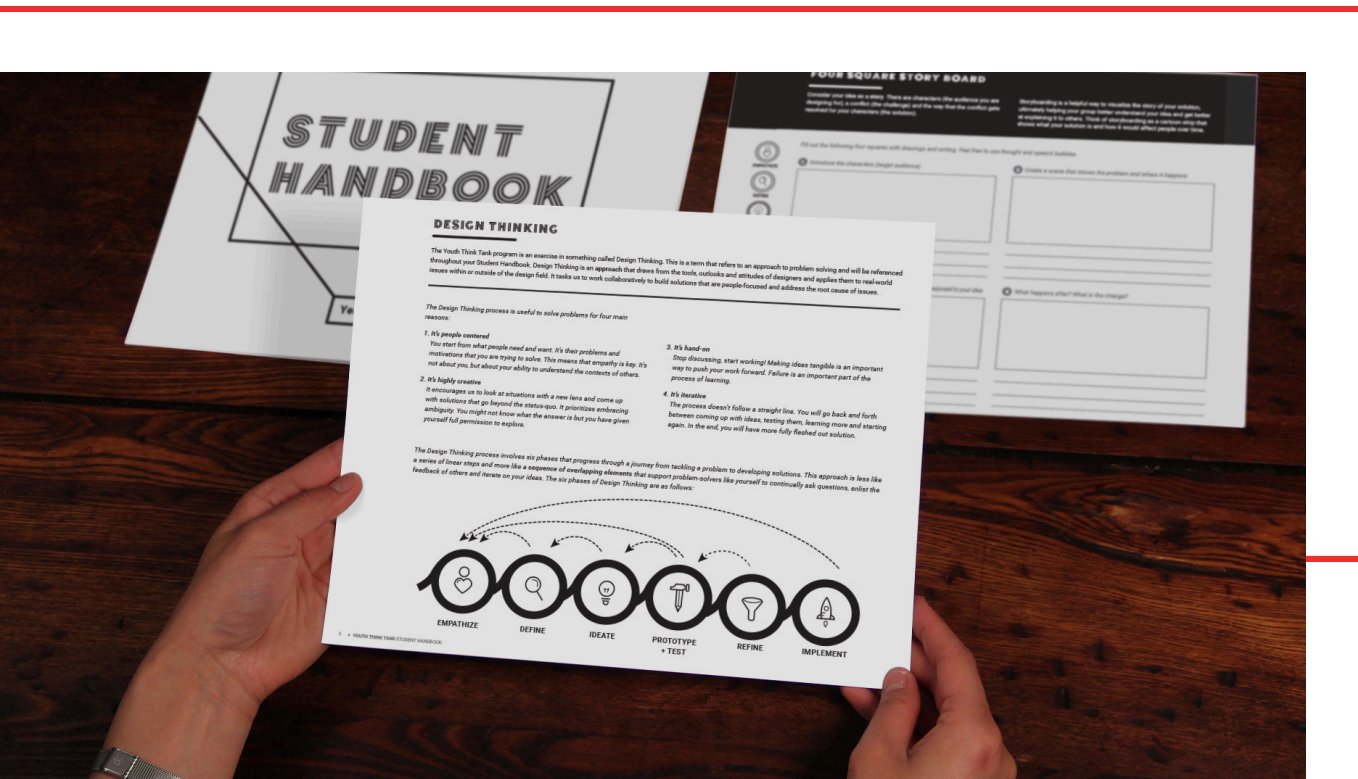
Helping Youth Discover Who They Are, Where They're Going, and How They Lead

A coaching-based program that supports youth in building self-awareness, career readiness, and leadership skills—so they can navigate change with confidence and intention.

Program Overview

Design Your Life: Youth Empowerment Series is a structured, coaching-based youth development program designed to support young people in building social-emotional skills, personal readiness, and a clear sense of direction as they navigate school, career, and life transitions.

Grounded in NYC's youth development pillars and social-emotional learning (SEL) competencies, this program centers youth voice, lived experience, and personal ownership. Through guided reflection, interactive activities, and facilitated conversations, participants strengthen self-awareness, emotional regulation, decision-making, and goal-setting skills—gaining the confidence and readiness needed to intentionally design their next steps during periods of change.



The 3-Component Pathway Model

Component 1: Self-Awareness — Knowing Who I Am

Component 2: Career Readiness — Designing Where I'm Going

Component 3: Leadership Development — Becoming Who I'm Meant to Be

Component 1: Self-Awareness — Knowing Who I Am

Focus: Identity, strengths, values, and lived experience

Purpose: Youth must understand who they are before they can decide where they are going.

Key Areas:

- *Identity exploration & personal narrative*
- *Strengths and interests discovery*
- *Values clarification*
- *Emotional awareness and reflection*
- *Understanding personal triggers, choices, and growth areas*

Sample Activities

- *"Who Am I?" reflection mapping*
- *Strengths & values inventory*
- *Guided journaling using the Design Your Life workbook*
- *Small-group coaching conversations*



Outcome:

Youth develop confidence, self-understanding, and the language to express who they are and what matters to them.

Component 2: Career Readiness — Designing Where I’m Going

Focus: Exposure, preparation, and goal-setting

Purpose: Youth connect self-awareness to **real-world pathways**.

Key Areas:

- ▼ *Goal-setting and planning*
- ▼ *Understanding multiple pathways (college, trade, workforce, entrepreneurship)*
- ▼ *Career exploration aligned with interests and strengths*
- ▼ *Professional skills (Interviewing, communication, teamwork, accountability)*
- ▼ *Introduction to workplace expectations and culture*

Sample Activities

- *Career interest mapping*
- *“My Future Pathway” planning activity*
- *Resume awareness & transferable skills discussion*
- *Workplace scenario discussions*
- *Guest speakers or career panels (optional)*



Outcome:

Youth gain clarity on next steps, understand how their strengths connect to careers, and build readiness for post-secondary opportunities.

Component 3: Leadership Development — Becoming Who I’m Meant to Be

Focus: Leadership identity, responsibility, and impact

Purpose: Youth learn that leadership is **how they show up**, not just a title.

Key Areas:

- *Defining leadership beyond position or authority*
- *Personal leadership style and strengths*
- *Communication and collaboration*
- *Accountability, decision-making, and influence*
- *Leading self before leading others*

Sample Activities

- *Leadership identity reflection*
- *Team-based challenges*
- *Communication and confidence-building exercises*
- *Peer leadership scenarios*
- *Community or school-based leadership project (optional)*



Outcome:

Youth see themselves as leaders, build confidence in their voice, and develop skills to positively influence peers and their environments.

Program Structure & Experience

Design Your Life: Youth Empowerment Series is designed with flexibility to meet the unique needs of schools and community-based organizations.



Delivery options include:

- *Semester Series (ideal for afterschool or enrichment programs)*
- *Half-Day or Full-Day Intensive Workshop*
- *Ongoing Group Coaching Model*

Each of the three core components—**Self-Awareness, Career Readiness, and Leadership Development**—can be delivered as:

- A **standalone series**
- A **targeted workshop**
- Or as part of a **comprehensive, multi-component youth development pathway**

This modular approach allows partners to:

- *Address specific youth needs*
- *Integrate the program into existing schedules*
- *Scale programming over a semester or full academic year*

All format includes:

- **Design Your Life workbook**
- *Interactive learning activities*
- *Small-group discussion and coaching*
- *Reflection, goal setting, and action planning*

Outcomes & Why It Works

Program Outcomes

Youth will:

- *Increase self-awareness and confidence*
- *Identify career interests and next steps*
- *Strengthen decision-making and communication skills*
- *Develop a leadership identity and sense of agency*
- *Build resilience and readiness to pivot with intention*

Why This Program Works

- ✓ *Youth-centered and coaching-based*
- ✓ *Trauma-aware and strengths-focused*
- ✓ *Supports social-emotional learning and workforce readiness*
- ✓ *Flexible, scalable, and Project Pivot-aligned*

ABOUT YHR:

Your Healthy Reality (YHR) is a certified **NYC WMBE organizational development** and youth empowerment firm that provides coaching-based, corporate, school- and community-based services focused on social-emotional learning (SEL), personal readiness, career readiness, leadership development, and family engagement.

In school-based settings, YHR partners with middle and high schools to deliver structured youth development programs that support students during periods of transition, re-engagement, or academic and personal challenge. Our services are grounded in NYC's youth development pillars and center youth voice, lived experience, and personal ownership.

Why Partner with YHR

Your Healthy Reality brings a unique, coaching-centered approach to supporting vulnerable students and school communities by bridging best practices from both education and professional environments. Our leadership team has deep Human Resources and organizational development experience and includes **certified corporate life coaches** with extensive backgrounds in coaching, facilitation, and talent development.

YHR's work is informed by years of providing coaching and professional development for global corporations such as **Microsoft, Google, and Flagstar Bank**, as well as NYC agencies including **Department of Transportation, Office of Labor Relations, and Department of Citywide Administrative Services** to name a few. This cross-sector experience allows us to translate proven leadership, communication, and self-awareness strategies used in adult professional settings into developmentally appropriate, trauma-aware programming for youth and families.

What sets YHR apart is our emphasis on relationship-building, intentional reflection, and personal ownership. We meet students and families where they are, center lived experience, and create safe, supportive spaces that foster trust, engagement, and long-term growth. As a partner, YHR is deeply invested in strengthening the entire school ecosystem—students, families, and school staff alike.

Facilitated By

Your Healthy Reality

Leadership Development | Workforce Development | Youth Empowerment

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