



Wings Seminars

THRIVE

Program for Teens

TEENS...

THRIVE is a unique learning opportunity.

HEART

Three days to learn and practice skills that will

RESPONSIBILITY

assist each teen to live a fulfilling and

INTEGRITY

successful life. THRIVE has two main goals...

VITALITY

turning peer pressure into peer support

EXCELLENCE

for each teen being the best they can be
and assisting each teen to trust their natural
resources more than ever before.

WHAT IS **Thrive** LIKE?

On entering the room for **THRIVE**, students may notice some differences from their classrooms, but not many. The environment is simple and uncluttered. The teacher is at the front of the room and the students sit in chairs in semi-circular rows facing the teacher. There are flip charts for the teacher to write on. Whatever information is written on the flip charts during the learning process is then placed on the walls so that the group can refer back to the content easily. There are times during the seminar that music is used to assist with learning, relaxing and visualizing how they want their lives to be.

There is a three-step process that is the basic form of the seminar. First there is a short lecture on topics that are included on the **THRIVE** outline. Then the teens do a structured exercise that takes the mental content and turns it into an actual experience for them, then we come back together as a group and share on what happened... what they learned, what they want help with, etc. Following that we take a short break, 10 minutes and then back to work on the next segment. The lunch break is approximately the same as a school lunch break.

I begin **THRIVE** by asking the students, **“If you could have anything you want that would make your life better from these three days, what would it be?”** The answers are always amazing: to trust myself more, to be able to tell the truth, to feel better about who I am, to have a better relationship with my mom and dad, to do better at school, to feel listened to, to believe it’s possible to have my life be different, to have a better job. The list goes on and on. These teens really do want their lives to work and yet most have given up on the possibility. My job is to inspire them again and teach them the skills to keep it up!

From there I ask, **“What’s it going to take for us as a group to create an environment where all of this can happen?”** And from the group comes the answers; to keep all the sharing confidential (personal sharing, not the content of the seminar), to be on time, to participate fully, to respect each other and how different we are, to listen, to tell the truth, etc. Again we know what it takes to create safe and inspiring environments but without support to do it , we don’t.

In **THRIVE** we do it.

There is a lot of variety in **THRIVE**. We do many different things to keep the energy of the students enthusiastic and focused. They have a small group that meets at least once a day. They do writing exercises on their own and with others. At times they also work with one other person

of their choice, talking in depth about different issues like integrity, the consequences of breaking your word and what they are going to do differently. There are respectful feedback opportunities, both giving and receiving. And they will even learn some easy and team-building juggling!

THRIVE is a challenging, safe and respectful learning environment where all are treated fairly and supported in being their best selves. And they learn the skills to do that everywhere in their lives. This is not about telling them there is a right way to live... it is about them learning the skills of making healthy choices and evaluating consequences so they can lead successful lives... according to their definition. How a student participates is their choice and they are encouraged to participate to the best of their ability by everyone in the group.

THRIVE ends with each student getting clear on what new behaviors they choose to commit to do that will keep their learning growing, and sharing that with the group. The support that grows in the group is powerful and very inspiring.

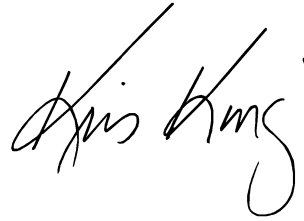
**For the learning to keep on growing
supportive parents and teachers make a huge difference.
What are some of the things you can do?**

1. Communicate
 - Listen non-judgmentally. (Don't personalize what they are saying or doing)
 - Ask questions to clarify your own understanding of what they say.
 - Be honest about your own experience, your feelings, thoughts and wants.
2. Make sure the consequences for breaking agreements are understood, logical and reasonable. Support them to follow through on their agreements in a non-blaming way.
3. Keep your word with them.
4. Believe in their abilities... see them as competent and treat them that way.
5. Let your caring for them be shown in ways they understand. A kind word, an acknowledgment for a job well done, a loving touch... ask them what works.

I hope you will support the teens you are working with to participate in this life enriching experience. The death of my own son, Matthew, 26

years ago at the age of 21, is at the heart of my commitment to assisting teens to know, trust and value themselves. This is what **THRIVE** offers.

With love and gratitude,

A handwritten signature in black ink, appearing to read "Kristine King". The signature is fluid and cursive, with a prominent loop at the end of the last name.

Kristine A. King
President

Investment

3-day Thrive: \$4,500.00 plus Travel and Expenses

Maximum Students: 50