UNLOCK POTENTIAL
Make Parents Proud
Create your Game Plan for a Successful future!

Say

YOUTH
EMPOWERMENT
SUMMIT!

“Students need the transferable skills that Jim Cantoni imparts through this training. The high-impact activities offered by Realizing Dreams supports the ‘Vision of the Graduate’.”

- Fran Kennedy,
Associate Director, Commission on Public Schools
New England Association of Schools and Colleges

“Happy. I made a plan.” - Mikey, age 5
“Proud of myself. I know what I have to do.” - Elementary students
“Empowered.” “Confident” “My life is more clear.” - Middle School Students
“Now I have tools to help guide me to discover my dreams.” - High School Student
“It gets you thinking and to actually pour out what you really want to do.” - College Student

Goals: Within 90 minutes, mindfully reflect on passion, discover purpose and find your path.
Objective: Give students a voice and link learning to bolster academic achievement and student success.

Who: K to college students. In school and after school with staff and/or families.
Where: In your schools, PTA’s, PTO’s, clubs, camps and positive youth development organizations.
When: Your Choice______________________________

“Realizing Dreams has powerful tools that engages kids and sets them up for success.”

Otha Thornton, President of the National PTA, 2013-2015

To schedule, call 860-657-0770 or email Jim.Cantoni@RealizingDreams.us

“Realizing Dreams is Plan Futures. Transform Lives.”

RealizingDreams.us
Realizing Dreams boosts academic achievement and inspires student success. Together, we will inspire potential and transform lives.

Program Time: 30, 50, 90 to 120 minutes and can be adapted to your schedules.

Who do we Engage? We engage, equip and empower™ kindergarten to college students, staff, mentors, parents, extended families and caring adults. The reflective activities create connections that build community, cultivate friendships and strengthen relationships.

Measure the Impact: Students can also learn real world management skills and help measure and present pre-workshop knowledge and/or post impact to their lives using hardcopy results-based surveys or online with their 1:1 devices.

Learning Outcomes: Students will discover their self-efficacy Life Skills Assets™ that will engage and inspire them to jump start their potential. They will increase their self-awareness, build confidence, improve focus, and increase their self-motivation to achieve and succeed.

Discover Your Inner Drive So You Thrive: The collaborative activities help develop the whole person with social and emotional learning for health and well-being. The student-centered enrichment helps unlock potential as students discover their inner drive so they want to thrive in school, work, life and play.

Realizing Dreams makes kids happy, and parents proud.™

Materials per Student: Students will receive and actively use our empowerment tools. You can also DIY (Do-it-Yourself) and purchase these for on-going enrichment in school, after school, at club, summer camp, at home, in your PTA/PTO’s. We can train your staff how to use the student work to plan for instructional improvement in your professional learning communities (PLC’s).

SEE Page 3 for Workshop offerings and Page 8 for prices.

- Fran Kennedy
Associate Director, Commission on Public Schools, New England Association of Schools and Colleges
Former Principal, Berlin High School, 2015 Connecticut High School Principal of the Year

“In 7 Steps for Empowering Youth, Jim Cantoni gives students a voice and choice in life.

Through this reflective action journal, Jim helps students reflect on their passion, discover purpose, and find their path, while moving their inspired thoughts to clear, actionable steps that enkindle potential to impact their lives. Like a “GPS,” step-by-step, Jim’s book helps educators and parents transform student lives and bolster educational and emotional health. In 7 Steps, Jim helps you ‘synchronize generations’ and put students and adults on the same page about plans for their future.”

Word cloud from Berlin High School student survey’s September 10, 2017

SEE Page 3 for Workshop offerings and Page 8 for prices.

1) Give Voice
2) Gain Insight
3) Link Learning™

In a game-style of play, we move your inspired talk to action. You create a “GPS”, Game Plan for a Successful future!

Positive Pen™ - to use for turn-and-talks, remind and inspire others
Dream Tag™ - to begin your journey in identifying strengths and passion
7 Steps for Empowering Youth: Self-Awareness Developing Grit and a Growth Mindset
My Declaration of Independence™ - The United States of America Student Challenge
Teamwork and FamilyPlay: Empowering Youth through positive, purposeful play™

Additional at:
Positive Pen™ .......... Included $ .99 each
Dream Tag™ .......... Included $ .99 each
7 Steps for Empowering Youth: Self-Awareness Developing Grit and a Growth Mindset .......... Included $ 9.95 each
My Declaration of Independence™ - The United States of America Student Challenge .......... Optional $ 5.00 each
Teamwork and FamilyPlay: Empowering Youth through positive, purposeful play™ ...... Included in staff training $ 29.95 each

Realizing Dreams makes kids happy and parents proud.™
Session 1 & 2 thru 8 can be consecutive days & combined

See Program Content for one (1) “foundational” engagement on pages 4 and 5.

**Session 1 & 2: Play, talk, laugh, learn discover!**

- Play games, talk, laugh and learn about each other in a fun-filled way using Teamwork and FamilyPlay™, the national award-winning cooperative play discovery game that helps you answer “The BIG Questions” in your life.
- Create connections that develop friendships, strengthen relationships and build community.
- Express thoughts and feelings about their interests, strengths, hopes, goals, and dreams for your future.
- Move your inspired talk and thoughts to action. Just follow the 7 Steps in the games companion reflective action journal, *7 Steps for Empowering Youth: Self-Awareness Developing Grit and a Growth Mindset*.
- Reflect on inspirational quotes from Einstein, Nelson Mandela, Actress Patricia Neal, and more historic and world leaders on a communication, creativity, teamwork, leadership, trust, grit, a positive attitude, helpfulness and more.
- Collaborate, lead, talk, share, and journal about your future, including any worries, fears that may be holding you back from reaching your potential. Gain focus, increase motivation, improve test scores and academic achievement.
- Identify your Top 5 Strengths for success in school, life, college, work interviews, career readiness.
- Learn about Me and the 9 Selfs™ Self-Discovery to Self-Awareness, Self-Control, Self-Worth, Self-Efficacy to Self-Actualization.
- Increase your success in school and life. Learn how to identify, set next steps, and achieve Getting Smart™ goals.
- Reflect on your passion, discover purpose, find your path and create a personal “GPS” Game Plan for Successful Future.
- Be invited to join in Mission: USA 2020, now self-aware with grit and a growth mindset to reach your potential.

**Session 3: Can You and Your Team Build a Card Tower Taller than Einstein?**

- Strategize, lead and take turns with cooperative play that helps you learn how to work in a team.
- Put your best effort in to topple Einstein’s record of 14 stories high!
- Develop 21st Century skills of communication, collaboration, critical thinking, and creative problem solving with the award-winning game, Teamwork and FamilyPlay™.

**Session 4: What’s Healthier?**

- Play educational games that order foods in the least to most healthy.
- Create a My Body Balance T-Chart™ and learn how and why to make healthier eating choices.
- Talk, share and understand the impact of what we eat and how our fuel and food choices make us feel, think, and perform in school, work, life and play.

**Session 5: Brain Power, Mindsets, Creative Problem Solving and Critical Thinking.** Learn how to creatively problem solve with growth mindset strategies. Develop cognitive skills using emotional intelligence strategies that inspire mindsets, influence behaviors and decisions. The self-efficacy formulas are Einstein inspired and infused for exponential achievement.

- How to take the stress out of testing and put the joy into learning.
- How to creatively problem solve and Overcome Obstacles™ in school and life.
- How to put students and adults on the same page about the future.

**Session 6: Equip yourself with a Bully Force Field™** In a simulated camp fire setting:

- Learn fun ways and 10 words that can help compassionately diffuse a bully.
- Learn how and why to let go and move on with our lives.

**Session 7: Be the Change in the World You Want to See.**

- Accept The United States of America Student Challenge.
- Sign your My Declaration of Independence™ and make a powerful declaration to achieve your goals and realize your dreams in school, work, life, and play.
- Confidently prepare for Session 8, the culminating activity.

**Session 8: Culminating Activity: Present your results to caring adults.**

- 1) What did you accomplish? 2) Are you better off? 3) Why?
- What is your “GPS”, Game Plan for a Successful future?

Questions? Ready to Get Started? Call 860.657.0770 or Email Jim.Cantoni@RealizingDreams.us
How it Works

Our 3 Step Game Plan for Student Success

**Student Learning Objective:** In a game-style of play and within 90 minutes, discover what increases your self-awareness, confidence, focus, and self-motivation to bolster your achievement and success.

**Step 1**

**Play.** Take turns asking and answering “The BIG Questions” on the 52 oversize cards in Teamwork and FamilyPlay™, the national award-winning discovery game. Build community exchange cards, and go meet someone new.

**Step 2**

**Talk.** laugh, share, and learn more about other’s strengths, passion, interests, hopes, dreams, and goals in life. Express your thoughts and feelings about your future.

**Step 3**

**Move** the inspired talk to action. Just follow the steps in 7 Steps for Empowering Youth: Self-Awareness Developing Grit and a Growth Mindset! You will create a personal “GPS”, Game Plan for a Successful future using the discovery game’s companion reflective action journal.

**Give Voice. Gain Insight. Link Learning.™**

1. Students ages 5 to 21+ will mindfully share what fills them with passion, discover true purpose for succeeding. The reflective activities help them discover their “why” and find their path to achievement. Like a “GPS”, step-by-step all ages create a personal “GPS”, Game Plan for a Successful future.
2. Empowered educators, staff, mentors, and parents will strengthen relationships, learn how to sustain the momentum, and create life-long connections.

**Learning Goals:** To inspire to reach higher! To increase student confidence, focus, motivation and inner drive to improve test results. The reflective activities will provide adults with insight into students’ hopes, goals, and dreams. Adults learn how to sustain the momentum and link the new learning to boost student academic achievement.

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“I learned about myself and my future.”

- Rebecca
High School Senior

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4

Move inspired

A national award-winning discovery game made into...
Engage all ages. Ask participants to pick a Positive Pen™, complete a Dream Tag™ and open communications across the generations in student-centered game style workshops.

Outcomes: 1) Open dialogue in a fun-filled way 2) Students gain voice and choice in their lives.

Your Role: Do-It-Yourself or we can Train-The-Trainer *(workshop prices on page 8)*

1. You provide the place, students, staff and/or families.
2. We bring the interactive hands-on program, materials, inspiration, and positive energy.
3. Kindergarten to college students, staff, mentors and families interact, learn more about each other, are engaged, have FUN, and help lead the Realizing Dreams: YES! Youth Empowerment Summits.

Next step: Call Realizing Dreams at 860.657.0770 to collaborate in student achievement and success.
## Impact and Outcomes

*I am now more motivated and determined.* - A high school sophomore

Actual results-based outcomes from Realizing Dreams: YES! Youth Empowerment Summits

### Quantitative

<table>
<thead>
<tr>
<th>K-12 Students</th>
<th>100%</th>
<th>94%</th>
<th>89%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Expressed their thoughts and feelings about their passion.</td>
<td>100%</td>
<td>Critically thought about and created a personal Game Plan for a Successful future.</td>
<td>Improved decision making and emotional intelligence.</td>
</tr>
<tr>
<td>Want to read more.</td>
<td>95%</td>
<td>85%</td>
<td>100%</td>
</tr>
<tr>
<td>Reported the Realizing Dreams YES! Youth Empowerment Summit was a life-changing &amp; transformational experience.</td>
<td>100%</td>
<td>100%</td>
<td>100%</td>
</tr>
<tr>
<td>Now have higher expectations of what they can, and want to achieve in school and life.</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Qualitative - actual written survey comments

#### K thru Elementary

*Happy, Proud, exc[i]ted.*

*Proud of myself.*

*Confident.*

*I want to tell my mom what I want to do when I get older.*

*This is gonna help me get to my goal.*

*I try my best.*

*I can improve on my own.*

*I know what I have to do.*

#### Middle School

*Proud of myself.*

*My life is more clear.*

*I feel very good because I planned my future.*

*Now I have a better attitude.*

*I feel very confident I can do all that I have written.*

#### High School

*I found my life goal.* - Junior

*I now know what I have to do.*

*I know the steps I need to succeed.*

*[It makes Naviance] Much easier.*

*Before this workshop I was confused, I was always thinking am gonna fail but now am thinking positive.*
Increased self-awareness, confidence, focus & motivation.

100%
Reported that the activities align with the school's goals and are a powerful way for them to support school's efforts in student achievement.

100%
Learned new teaching strategies to motivate students to want to:
1. Read more.
2. Take more initiative in their learning.

“Helped me learn about the kids.”

“I can help facilitate empowering myself and the younger population.”

“What they got out of it is a clear road map to their success and it came from inside of them...It made it easier for me to get them focused on what they want to do in the future, like getting in to college and doing positive things in their life. It made it easier to make them change.”

“Believing in yourself”. “I’m happy he has a goal. Now they have insight what they'd like to be.”

“Now, my kids have a keepsake journal to reflect on the steps to achieve their goals and dreams they wrote down for rest of their lives.”

“The students feel very inspired to change their attitude toward how they view themselves and life.” “The students feel good about themselves and the impact they can have.”

“[Students and staff] Were engaged in the activity” “Self-starting is emphasized”, “[Students feel very] determined to continue filling out the rest of the book”.

“[Students] were comfortable, at ease, engaged”.

“This seminar motivated me”,

**Post-Secondary**

**Adults - Staff, Educators, Parents, Mentors, Athletic Coaches**

93%
Led and empowered other students.

100%
Increased self-awareness, confidence, focus & motivation.

College

“It’s amazing! I love it! It gets you thinking and to actually pour out what you really want to do...It’s the best feeling ever.”

“To have a positive attitude.”

“Seeing other people being accepted when they came out of their comfort zone made me feel better.”

RealizingDreams.us
Frequently Asked Questions

What do we believe? At Realizing Dreams, we believe that life is more FUN when we are Realizing Dreams in Teams™. We believe in intentionally engaging students, staff, mentors, parents, and extended families to help us lead the empowerment activities. We also believe that you are never too young or old to realize your dreams!

Who and what ages do we engage? Realizing Dreams engages, equips, and empowers™ grades K, 1-5, 6-8, 9-12, post secondary, college students, staff, mentors, parents, families, foster and adoptive extended families and caring adults including grandparents, aunts, uncles, and more.

Where and When? In school, after school, extended learning times, summer camp and more. Students and adults can and have completed the Realizing Dreams activities in classrooms and conference rooms with tables and chairs, auditoriums, sports stadiums, during summer camp, at places of faith, sitting on the bleachers or gymnasium floor and outside on the beach!

“I am more aware of capability that I have to achieve more and accomphish my goals.”
- High School Student

What is the group size? Small groups of 2 to 20, medium size up to 50, to large groups of 150+ in school assemblies and clubs.

Who can participate and join in the Realizing Dreams: YES! Youth Empowerment Summits? K to college students, Positive Youth Development Professionals, School Teachers, School Counselors, Support Staff, Administrators, Camp Counselors, Counselors In Training (CIT’s), Mentors, Parents and other community partners.

What is the Student Performance to Staff Ratio? For performing, high-performing, and student leaders, you provide the place, I do the rest. Underperforming students usually need a 2:1 or a 1:1 student per staff/caring adult with facilitation in small groups of 3 to 8 students works best. It is highly recommend to have a workshop blend of underperforming with performing students. Students/staff/caring adults help inspire others as they assist in facilitation and develop leadership skills as future role models. Our collective impact empowers underperforming students who need a little more help to unlock their gifts and realize their potential.

What does the price include? The price chart below includes *ALL materials and your up to a 1:1, Staff/Parent/Mentor ratio supporting students.

<table>
<thead>
<tr>
<th>Students</th>
<th>Realizing Dreams YES! Youth Empowerment Summits</th>
<th>SEE and select from workshop series on prior pages</th>
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<tbody>
<tr>
<td>1 to 20 students</td>
<td>$1,000 + $25 per student</td>
<td>+ $23 per student + $20 per student</td>
</tr>
<tr>
<td>21 to 99 students</td>
<td>$3,000 + $60 per student</td>
<td></td>
</tr>
<tr>
<td>100 to 2,499 students</td>
<td>$5,000 + $100 per student</td>
<td></td>
</tr>
<tr>
<td>2,500+ students</td>
<td>$6,000 + $125 per student</td>
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</table>

<table>
<thead>
<tr>
<th>Staff Train-The-Trainer</th>
<th>Cracking the Code to Student Success</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-20</td>
<td>Program length: 5 hours or full day with lunch</td>
</tr>
<tr>
<td>21 to 499</td>
<td>You can also select from workshops on prior pages</td>
</tr>
<tr>
<td>500-999</td>
<td></td>
</tr>
<tr>
<td>1,000+</td>
<td></td>
</tr>
<tr>
<td>Per Workshop</td>
<td>$2,000 Base + $89 per staff + $79 per staff + $69 per staff</td>
</tr>
</tbody>
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Includes travel up to 75 miles from Punta Gorda, FL. *For the Einstein Card Tower Challenge, add $30 per set (52 cards/deck) of Teamwork and FamilyPlay™ cards. The number of sets depends on 1) How many students, staff & families. 2) How tall you want to build. For details on this empowering 21st Century skill activity, call us at 860.657.0770.

Program Logistics: The ideal logistics are a room with open space for community building ice-breakers that get all ages to talk, laugh, and learn about each other in a fun-filled way. As the inspired talk moves to action, tables and chairs for students are a plus. For mid-size groups of 40 or more, ideally a lavaliere microphone and backup mic plus speakers. For larger groups of 100+, it is helpful to have a technical person to ensure the PC/MAC and PowerPoint presentation stays up so the facilitator can better guide the large group step-by-step.

Questions? Ready to Get Started?
Call 860.657.0770 or email Jim.Cantoni@RealizingDreams.us and let's discuss your goals, budget, who you want to empower, how many, when, where, and why.

We tailor our student engagement focus and empower:
- Students Kindergarten to College
- Student Leaders / Peer Advisors / Advisory
- Students who Empower Students
- Campers/Camp Counselors/ CIT’s
- Girls as Leaders
- Sport Teams and Athletes
- Gifted/Talented Students
- Mentors and Mentees
- Transitions (Grades 5/6, 8/9, HS to College)
- Underperforming to Performing including struggling students, juvenile justice & truancy
- Civic Engagement and Service Learning

Staff Empowerment - Our goal is to inspire staff and build capacity to sustain the momentum. We Train-The-Trainer in School Districts, Clubs, Summer Camps, and in Positive Youth Development Organizations.

Family Empowerment: Beyond Family Engagement - Our goal is to synchronize generations and create connections that strengthen relationships in your school-family-community partnerships. Our collective impact will inspire parents as partners who link learning with relationships in your school-family-community partnerships. Our Family Empowerment will inspire others as they assist in facilitation and develop leadership skills as future role models. Our collective impact empowers underperforming students who need a little more help to unlock their gifts and realize their potential.

Private Coaching - in school, after-school, summer camp and even on the beach for tweens, teens, sports teams, and college students.