

## VISION

Equip student with the resources and support they need to make positive choices to succeed in school and graduate.

## MISSION

It is our mission to provide evidenced based impactful programs that produce learners who are engaged, excited and excelling (E3). We partner with schools to successfully equip their students with a 360° support network so they get the necessary tools, resources and knowledge to be productive, stay motivated and graduate.

## THE PROGRAM

Many students bring with them emotional “baggage” like anger or self-doubt based on their life experiences and vulnerability to traumatic events and life stressors. Students’ ability to perform consistently is often determined by the consistency of their emotions; as emotions go, so goes learning and performance. As situations become stressful or challenging, negative emotions like anger and frustration can emerge.

The *FreshSteps™* Program is neuroscience-informed and evidence based. Our program has decreased participant school absences by 31% and behavioral write-ups by 47%. Our students commit to goals they set and work with their support team to achieve them. As a result, our students gain the resources they need to make positive choices and succeed in school.

## THE PROGRAM IS BASED ON 3 PILLARS

### FRESH PERSPECTIVES REFRAME

Our *Fresh Perspectives ReFraming Program™* assists the student in releasing the stored negative emotions that can lead to unproductive behavior and derail a bright future. The process helps them to be confident, make positive emotional choices, and to take responsibility for their attitudes and behavior.

### GOAL SETTING

We partner with the school support team to help the student set goals and create an Individual Success Plan (ISP) as a roadmap to success. The coach and mentors provide ongoing support and advice for students on strategies for attaining academic and career success and on how to navigate through social and family relationships.

### MENTORING AND SKILL DEVELOPMENT

We connect each student with a school mentor and create a 360° network of support that includes school personnel, family members, and other persons of influence in the student’s life. The *FreshSteps™* coach and mentor maintain ongoing contact with the student throughout the year and connects the student with wrap around services to meet their unique needs for success.



ENGAGED | EXCITED | EXCELLING

## WE ARE... **BETTER CHOICES**

Founded in 1998, Hargrove Leadership Services was rebranded in 2017 as Better Choices Group LLC. In 2007, we began offering programs such as *FreshSteps™* that support student success. We have over 20 years experience of performance coaching with diverse populations. Over the past twenty years, we've listened and learned from the educational, mental health, performance management communities and our clients to understand the most appropriate role we can play to support student positive choices. Our approach is neuroscience-informed and evidence based.

From corporate CEO's to at risk students, our approach has consistently been to help our clients define their success outcomes: We ask "where do you want to go from here?" Our programs get results. Our students are more engaged and make more positive choices. We have lower recidivism rates. Our coaching clients make positive choices and succeed.

Faye Hargrove, the founder and CEO earned the PhD in Industrial/Organizational Psychology from the University of Georgia. She has impacted the lives of thousands of people for over 30 years as a college administrator, through coaching relationships, seminars/training and her book, BETTER CHOICES. She is the founder of ReFraming Therapy™, a neuroscience-informed evidence-based program for removing stored negative emotions and empowering clients to elevate to higher levels of performance.

Recognized by the Better Business Bureau as the Torch Award recipient for Marketplace Ethics, our team of psychologists and coaches bring a combined half-century of experience to the task of improving the performance levels of our clients. Our educational partners include The Richmond County (Georgia) School System, Emory University, Augusta University, The University of South Carolina Aiken and Paine College.



*When we know better, we do better*