



Intentional Pursuit of Me Signature Program ©

Our Signature Program is 10 weeks

Our innovative programs use digital literacy and exposure to Film production to combat the crisis of teen depression that has been shown to be connected to social media consumption.

Through skill building participants will create short feature films highlighting stories of depression, poverty, and unhealthy external pressures with the intention of deterrence. Visual, auditory, and kinesthetic teaching strategies are utilized to engage all participants. We emphasize teamwork and participants bond over team-building activities in addition to writing materials reinforcing each session. Students form deep friendships that last long after the program.

Week One- Channel Yourself

As we reflect on the average citizens' life, most don't find their "TRUE" identity until well into adulthood. A revelation that is becoming even more so apparent in today's youth. As adults we've tended to adopt the motto to let "kids be kids" & at times finding ourselves in a constant balancing act of defending and reprimanding them for uncivil behavior. Though done out of good faith it hinders us from outlining the importance of social decency and their expected roles and responsibilities in the real world. Week one will focus on getting to know ourselves, externalizing our passions as a group, pinpointing our strengths & limitations. Discussing how we feel they both can work together. Students will identify personal goals & draft a promissory note to themselves.

Week Two- Health

It is no secret that "HEALTH IS WEALTH." Good health positively affects your mental stability and helps to shield us from procrastination and self-defeat. This week is all about saying "NO" to drugs or any other vices that can impair our judgment and deter us from our goals. Maintaining a clear head and healthy diet are engraved in the frame work of success.

Week Three- External Influence

As human beings we have adapted to see our five senses as involuntary reactions to things we may see, hear, smell, taste, or touch. In this week we learn to reprogram the brain to proactively use our surroundings to absorb, process, & assimilate information through the five senses. Through discussions on how our environment changes throughout a day. (I.E. you may live in one place, learn in another, catch the metro to a destination, walk a block to another destination etc.) Students will be questioned on how their daily routines can affect their life and how they can use it to inspire them in a goal oriented capacity.

Week Four- Self Doubt/ Confidence

Students often let those seeds of doubt sink in. Here is where we discuss those self defeating thoughts & fears of success. How can that be transferred into confidence building adrenaline? Now is a time of positive reflection. What are they going to do when someone says "they can't"? We learn to keep ALL of the negative energy away by keeping our eyes forward and understanding that we have to believe in OURSELVES more than anyone EVER will. And, that's OK. Find you dream, capture it, & PUT IT IN A HEADLOCK.

Week Five- Personal Bank Account

On week 5 we learn about Paradigm & your 'Personal Bank Acct' that works like a traditional bank account. Withdrawals: Negative Interactions (bullying, drugs, alcohol, hurtful words, defeating thoughts) Deposits: Positive Interactions (Jokes, hugs, music, compliment, exercise, writing, kind gestures etc). And just like in traditional banking; too many withdrawals will Overdraft your account which leaving you Emotionally Bankrupt: Angry, Irritable, Fatigue, Exhausted, Sad, Isolated

Week Six- Production

This week is most students favorite! This is also a week where they will have to focus on this crash course overview of everything film. Students learn about scripts, storyboards, lighting, camera angles, location scouting, sound effects, voiceovers & all of the intricacies to create a film. All Production equipment & Software will be brought on site for use. This week is facilitated in partnership with a local volunteer film crew.

Week Seven- Finance

Three of the main sources of funding for new business without personal capital are loans, lines of credit, and investors/ venture capitalist. Businesses need to keep balanced financial books for daily operations, expenses, and payroll. Getting the student to understand this concept and its importance to the success and failure of startups is imperative.

Week Eight – Scriptwriting

The time has come! We've discussed which causes & stories we'd like to highlight and now we're ready to write the script. In small industry professional guided groups the students will create the content that they believe will speak to kids like them. Their stories; their way.

Week Nine- Pre-Production

Students will prepare treatments, set design, conduct table reads, and will run a mock production studio to have a hands on experience overseeing a TV/Audio Production.

Week Ten- Production

In the Final Week students will shoot & edit their own PSA or Short Film Projects.

Assessments

Students will complete the same multiple choice survey at the beginning and end of the program. Each questionnaire is anonymous to ensure complete confidence and honesty.