

# DESCRIPTION OF PROGRAMS



**ARIC BOSTICK**

ATTACHMENT-INFORMED  
LEADERSHIP  
SPEAKER & TRAINER

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**PROGRAM DESIGNED FOR:** Student Leadership Conferences and Student Leadership Organization Trainings

**TARGET AUDIENCE:** Students (Grades 6-12)

**PRESENTATION LENGTH:** 1.5 – 3 hours

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## PROGRAM DESCRIPTION

Webster’s Dictionary defines a **HERO** as any person admired for courage, nobility, and regarded as an ideal role model. It is hard to be a Hero, but heroes are what we need to change our schools, our communities, and our world.

This character-building training teaches students the values of **Honesty, Empathy, Responsibility, and Optimism**. Students learn through interactive team building exercises how to tell the truth, even when it is not easy, understand the feelings of others, be mindful and caring with their words and actions, and make good decisions each day that can positively affect the achievement of their dreams for the future.

### Students Will Learn:

- How to connect with other students and find common ground
- The power of teamwork through interactive team building
- How to go from bystander to being a hero in action

### Topics covered in the HERO Leadership Training:

Honesty - Being honest with yourself and others

- How do we go from a follower to a leader?
- What is integrity mean? Why is it important?
- What does your school need more of and less of?

Empathizing – Understanding the feelings of others

- What are the qualities of a real friend?
- How do we earn trust from others?
- Why does it matter how you view and treat others that are different from you?

Responsibility – Choosing the road less traveled

- What does self-discipline mean and why is it important?
- How do we resist peer pressure?
- What are some ways that we can respond rather than react to rejection and ridicule in person or on social media?

Optimism – Get excited about your future

- What are your hopes and dreams for life after high school?
- How do we achieve the goals we want to accomplish?
- What are the habits of successful people?

**What else will my students learn during the Leadership Training?**

- How to give a confident greeting and handshake
- How to listen and learn about others
- How to introduce others with care and thoughtfulness
- Number Pattern activity – Goal setting and sharing ideas
- School Hallway activity – How it feels to not be liked
- Around the World activity - Working well with others
- Swap Knots – Overcoming adversity activity

When HERO'S join forces, we can create change on our campuses.

Students will create a group and individual plan for achieving 3 goals to create positive change in their life and in their school.

**A HERO'S ACTION PLAN activity:**

- CLEAR GOALS +
  - SPECIFIC ACTIONS +
  - LIST OF RESOURCES +
  - HARD DEADLINE +
- = CHANGE HAPPENING IN REAL TIME QUICKLY!

**The following 40 Developmental Assets are incorporated in Aric's message:**

- Service To Others, Positive Peer Relationships, Achievement Motivation
- Bonding to School Caring, Equality and Social Justice
- Integrity, Honesty, Responsibility, Restraint, Planning and Decision Making
- Interpersonal Competence, Cultural Competence, Resistance Skills
- Peaceful Conflict Resolution, Personal Power, Self Esteem
- Sense of Purpose, Positive View of Personal Future

**Aric Bostick's Student Leadership Training will include:**

- HERO ON DUTY Worksheet for goal setting
- HERO – Wallet Card to remind them of the HERO principles
- AM AWESOME stickers
- (1) Zoom Follow Up Visit with Aric Bostick

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## ABOUT ARIC BOSTICK

Over the past 23 years, Aric has been an Education and Corporate Speaker and Trainer. He has spoken to over half a million people at conferences, events, and school districts from coast to coast. His audiences include students, educators, principals, superintendents and parents at School Districts and National, State, and Regional Education Conferences. He has also been an Employee Engagement Speaker for Corporations and Human Resources Conferences throughout United States and Canada.



During the course of his education career, as a High School teacher and coach, he created and led a student leadership club that was featured on television for its success. As a national speaker he created a summer leadership camp, an online professional development course for educators, an online college readiness program for students, and a college readiness curricula for students.

Building on a professional interest in leadership and relationships in the workplace, He has spent the last several years studying an attachment-informed approach to leadership, drawing on the work of some of the leading academics in this emerging area of leadership theory and practice.

### **Background**

Aric's 23 years in education and corporate leadership speaking and training can be seen as comprising three distinct phases:

**School teacher** (1998 to 2002) – During the first phase, starting in 1998, Aric learned what it was like to be a teacher and sports coach. During this time, he drew on his original teacher training, other specialist in-service training, and the support of more experienced educators and school leaders.

**National speaker** (2000 to present) – As a national speaker (Aric's *'Fired Up'* program), he spoke to over half a million people (students, educators, HR Managers and corporate employees and executives) over an 18-year period. For this work, he drew on his own time in the classroom, an understanding of positive psychology (including CBT tools and techniques), and feedback from colleagues and clients. During this time, he became increasingly interested in the welfare of senior leaders in the corporate world and the welfare of school principals and superintendents in education, as well as the distinctive needs of educators in rural education settings.

**Leadership trainer** (2018 to present) – In 2018, Aric decided to combine his teaching and speaking experience with his interest in the welfare of education and corporate senior leaders, to create and start delivering a new range of training, based on the latest attachment and brain science (Aric's *Attachment-informed Leadership* program). Given his understanding of the distinctive needs of educational and corporate settings and their leaders (gained while working with them as a national speaker), he decided that he needed to strengthen the theoretical underpinning for his work. He did this by developing an understanding of modern attachment science (the quality and development of relationships over the life course), and interpersonal neurobiology (the neuroscience of attachment). During this time, he also started working with an attachment-informed leadership specialist.

## Client and Conference List

### National Education Conferences:

- Collaborative Conference for Student Achievement
- National Alternative Education Conference
- National Association Community Colleges Teacher Education Prep
- National Business Professionals of America Student Conference
- National Council for Community and Education Partnership Conference
- National Dropout Prevention Conference
- National Nutrition Conference

### State Education Conferences:

- Adolescent Symposium Conference
- Arizona State School Nutrition Conference
- Association of Texas Professional Educators
- California FFA State Conference
- California State School Nutrition Conference
- Fort Bend ISD Peer Assisted Leadership Conference
- Franklin Covey 'Leader in Me' event – Vicksburg, MS
- Georgia State Title 1 Conference
- Hawaii Teen Traffic Safety Conference
- Indiana State Student Council Conference
- Kentucky State School Nutrition Conference
- Maine School Nutrition Conference
- Montana State Title 1 Conference
- Northeast ISD Peer Assisted Leadership Conference
- Regional FCCLA Conferences held in Pennsylvania, Rhode Island, Arizona and Texas.
- Tennessee Head Start
- Texas Association of Secondary School Principals Conference
- Texas Career and Technical Education Conference
- Texas Essential Knowledge and Skills Conference
- Texas GEAR UP Conference
- Texas Higher Education Human Resources Association Conference
- Texas School Safety Center Conference
- Texas State FCCLA Conference
- Texas State Peer Assisted Leadership Conference
- Texas State School Nutrition Conference
- West Coast GEAR UP Conference
- West Virginia GEAR UP Conference
- West Virginia School State Nutrition Conference
- Wisconsin FFA State Conference

### Schools:

- Over 500 School Districts Nationwide
- Education Service Centers Nationwide

### Universities:

- Bacchus and Gamma Area 5
- Bacchus and Gamma Area 6
- Bacchus and Gamma Area 7
- Bacchus and Gamma National Conference
- Bloomsburg University
- California University of Pennsylvania
- Clarion University
- Colorado Collegiate Tobacco Prevention Initiative Spring Conference
- East Stroudsburg University
- Edinboro University
- Florida State University - Freshman Orientation Speaker for 22 nights

- Frostburg University
- Indiana University of Pennsylvania
- Kutztown University
- Lock Haven University
- Mansfield University
- Meeting of the Minds – Partners in Prevention Conference
- Millersville University
- Park University
- People to People Ambassador Student Leadership Program held at: Harvard, Stanford, UCLA, Johns Hopkins University and George Washington University with students from 60 countries
- Roger Williams University
- Shippensburg University
- Slippery Rock University
- Sonoma State University
- Stockton College
- Tarleton State University
- Texas State University
- University of Nevada Reno
- University of Pittsburgh at Bradford
- University of Texas
- Wells College
- Wesley College
- West Chester University
- Young Harris University

### Corporate Clients:

- Cellular Plus
- Cornerstone Credit Union
- Gold's Gym
- Houston Meeting Planners Association
- MedAmerica Billing Services
- Medical Management Association
- Meeting Planners International
- Mr. Rooter
- Practice Management Institute
- Society of Government Meeting Professionals
- South Florida Meeting Planners Association
- TransAmerica Investments & Insurance
- Travel Alberta Canada

### Human Resource Conferences:

- Alabama State Society of Human Resource Professionals
- Austin Human Resource Management Association
- Central Texas Human Resource Management Association
- Corpus Christi Human Resource Management Association
- Human Resource Southwest Conference
- North Texas SHRM
- Permian Basin SHRM
- South Texas HR Symposium
- Texas Association of Higher Education Human Resources

### Non-profit Clients:

- Child Care Associates
- Child Care Group
- Dallas Children's Medical Hospital
- Federal Bank Reserve of Chicago
- Pineland Behavioral and Developmental Disabilities United States Equal Employment Opportunity Commission – Fair Employment Practice Agencies – National Conference

## TESTIMONIALS

### Education Testimonials

*"At an elementary school, it seems impossible to engage a speaker that will be able to appeal to the wide range of ages, inspire the faculty and staff, and have a message so powerful that kids encourage their parents to bring them back to school to hear him again in the evening. However, that is exactly what happened when we spent a full day with Aric Bostick! The morning programs, the leadership workshops, and a family event, in the evening, left our students, staff and their families Fired Up! And ready to tackle this school year- and life- head on!"*

-Angela Kunkel, VP of Programs, Shafer PTA

*"In one word, Aric Bostick is: AWESOME. From his fast-talking, high-energy, get-you-moving, can't stop laughing antics to his real-life, personal, touching story about being "that kid," Aric Bostick is exactly who your school needs. Get ready to feel motivated, inspired and awesome."*

-Leslie Garza, Public Information Officer, Harlandale ISD

*"Aric's visit was truly inspirational for our students, staff, and parents. All of Aric's interactions with our community was genuine, energetic and just what we needed to spark the flame to FIRE US UP! Aric's words of encouragement are truly inspirational. His visit is one to remember! Thank you to you and all of Aric's team. He is LEGENDARY, and I know his team is too!"*

-Lesley Austin, Principal, Maypearl Jr. High School

*"Aric's presentation was so fabulous that I am still hearing staff comment on what an impact his presentation had on them professionally and personally. Our staff members are actually holding each other accountable for their attitudes and behaviors. We have never had a speaker have such an impact on our staff."*

-Tammy Lemoine, Assistant Superintendent of Curriculum and Instruction and Special Programs, Center ISD

*"Aric's presentation is life-changing and inspiring!! He is one of a kind!! The energy that he gives is contagious!!"*

-Vicki Guillory, Assistant Principal, Tisinger Elementary

*"Aric Bostick is honest, speaks from the heart, and connects on all levels regarding education! After his presentation many of our participants were moved to tears because they recognized things that they needed to change in both their personal and professional lives. If you need to be reminded about why you chose education as your career or WHY education is so important to our workforce and communities then you must invite Aric to your school or community event."*

-Kimberly Tobey, Director, National Association of Community College Teacher Education Programs (NACCTEP)

*"Aric presented as a keynote speaker to over 1,000 staff members in East Aurora School District 131 for a special Institute Day focused on staff wellness—body, mind, and spirit. His presentation was simply electrifying! This was not only due to his high-spirited approach to "fire up" the staff, but also due to his comprehensive preparation before the event. He spent several hours listening to an overview of the state of the District and the needs of the staff and seamlessly wove those ideas into a presentation that was unforgettable. Throughout the day, the staff lined up to speak with him, have their books signed, and to hear his additional words of wisdom. The shared sentiment was that Aric was one of the best presenters they have ever seen!"*

-David Brusak, School Improvement Director, East Aurora School District 131

*"Because Aric has been in the education field, he can relate to the teacher working in the classroom day in and day out. He knows the struggles and the blessing that go with this profession and he gives the teachers inspiration and motivation to continue to do what they love, making a difference in a child's life."*

-Diana Ferguson, Executive Director, TIVA

*"Aric became an instant hit with our child care teachers and staff. He as them "Fired Up" to greet our incoming preschoolers for the new school year. His presentation was lively, interactive and inspiring. Many staff stated that he changed their perspective and outlook on life."*

-Bob Duke, Child Care Associates - Interim President and CEO

*"Aric's genuine love for the educator community and his shared mission for what we all do comes across at every moment of his presentation. It's this passion more than anything that gets us all Fired Up!"*

-Johanna Hoyo, Gear Up Coordinator, Manor ISD Office of Federal Programs

*"Aric is so easy to work with! It was a very simple process to get Aric on our campus! I have never seen our employees so engaged with a speaker or with each other! Aric is what we needed!! We have heard from several employees who have said that Aric is the best guest speaker we have ever had!!"* -Jenny Keener, HR Assistant, Western Nebraska Community College