



# RISING MOMENTUM Newsletter



Rising  
Momentum

Weekly Newsletter  
10 January 2019

## Dates and times announced!

Tuesdays 2:30 - 4:00

Location TBD\*

19 February – 2 April 2019

\*we hope to be close to Matanzas HS

Thursdays 2:45 - 4:15

Central Park behind FPC High School\*\*

21 February – 4 April 2019

\*\*Location pending approval

## Leadership Immersion Pilot Program

This activity-based program places teens into small teams to complete a task, challenge, game or modified sport. Followed by a short discussion led by a leadership mentor focusing on teamwork, communication, decision-making and problem-solving. Build the skills to overcome adversity, tackle challenges and accomplish goals as a team!

Sign-up for the once-a-week newsletter Email for offers and updates.

Early registration opens for subscribers beginning 24 January.

[www.risingmomentumfl.com/newsletter](http://www.risingmomentumfl.com/newsletter)

## Calling all Seniors!

We are looking for a few exceptional seniors to act as Junior Mentors for the program. Attend the program along with everyone else, and receive one-on-one coaching from our primary instructor.

You will learn to lead activities and discussions, the basics of being a mentor, and enjoy increased responsibility to build skills and experience as a leader.

Be a Junior Mentor and receive recommendation letters, fast-track to employment with us after graduation, and enjoy the fulfillment of impacting the lives of other teens!

Apply with a simple one-page modified resume. Details on our website:

[www.risingmomentumfl.com/seniors](http://www.risingmomentumfl.com/seniors)

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## Our Why

## Extreme Acceptance

Rising Momentum believes that all mistakes in life can be overcome. More importantly, mistakes are necessary for growth and development of our youth. We also want our youth to be bold and courageous. Yet we put pressure on them to act a certain way, and perform to a specific set of standards.

What if teens were given a place to make mistakes? To act in ways that may seem against the grain, or against societal norms? Would our teens be more courageous and bold? More willing to engage with each other and their community? We think the answer is yes!

At Rising Momentum, we encourage teens to try new things. Be more outspoken, more confident, more bold. Be given the chance to direct a team and see how they do. And most importantly, be allowed to make mistakes. We want to create a culture where we learn and grow together. Where we accept each other for who we are and the mistakes we may make.

We will, of course, have limits. A core tenant of Rising Momentum is "don't hurt others", physically or emotionally. Extreme acceptance works hand in hand with this tenant. If you hurt someone, accept that a mistake was made, and meet in the middle. Consequences may follow, but only if development and growth is not possible first. But all mistakes can be overcome.

You may be wondering why I am starting Rising Momentum.

30 years ago I was a teen. I wish I could say I was a natural leader and stellar student, but that was not the case. I was, in fact, a horrible student with bad grades and a worse attitude. I am certain the only reason I graduated was because my teachers did not want to deal with me another year.

I thought I had no future, and no options. When the Army recruiter called, it was an easy sell, what other option did I have? After enlisting, I met an incredible group of leaders and mentors. They taught me about respect, integrity, honor, and most of all, leadership.

More than being led by great leaders, I was given a chance to lead. At 19 I was put in charge of 8 Soldiers, and I have been leading ever since. Always with a mind towards what my leaders did for me, I tried to give back to those I led and live up to the example set for me.

Now with the Army behind me, I sorely miss the coaching and mentoring side of leadership. Nothing in this life is better than the feeling of pride and joy experienced knowing you made a difference in someone else's life.

Our youth need mentors and coaches. I have the experience and expertise to give it. Rising Momentum is my attempt to find and mentor young people. To show them there are options, and anyone can be a leader, even teens like me.

- David Paradis, Veteran, Owner, Ex-Teen

### Early registration and special opportunities.

Subscribe to the newsletter to be eligible:

[www.risingmomentumfl.com/newsletter](http://www.risingmomentumfl.com/newsletter)

### Safety is important to us. All Instructors undergo:





- local and state background checks
- volunteer clearance with Flagler Schools
- participate in safety training
- primary instructors undergo federal screening

### Rising Momentum LLC

Palm Coast, Florida

(386)-400-3456

[www.RisingMomentumFL.com](http://www.RisingMomentumFL.com)

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Learn more about the founder and primary instructor of Rising Momentum at:

[www.linkedin.com/in/davidparadis1](http://www.linkedin.com/in/davidparadis1)