

RISING MOMENTUM Newsletter



Rising
Momentum

Weekly Newsletter
18 January 2019

Dates and times announced!

Tuesdays 2:30 - 4:00

Location TBD*

19 February – 2 April 2019

*We are working with the district to approve 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

Looking for Mentors

We currently have a posting on Indeed.com for part-time Leadership Mentors. If you know someone who would like to fill this role, the listing can be found by searching for “Rising Momentum” or “part-time instructor”.

We need mentors with leadership or educational backgrounds who are passionate about the growth and development of teens. Mentors need to be available Tuesday and Thursday from 2:15-4:15.

We would also like to have guest mentors! If you have a few hours on a Tuesday or Thursday, and want to volunteer to hang out with us, send us an Email or give us a call!

   @risingmomentumfl

 @risingmomentfl



Challenging Situations

If you remember the times when you learned the most in the least amount of time, it was probably out of necessity. Maybe it was when you received a traffic ticket, or needed to make a big purchase, or needed to apply for college or a job. Most likely, you became incredibly focused, researched the topic, and within a few days or even hours became an expert on the subject.

This happens as a sort of fight or flight reaction to changes in our environment causing adrenaline to flow. Our ability to concentrate, and create a plan to get the information we need to “survive” increases. This is similar to what happens to most of us when we start a new job, or take on a new role at work. Our jobs are our lifelines to survival, and we suddenly have the focus and determination to learn new things.

Part of the philosophy behind Rising Momentum is to create these reactions in the activities we do. Of course, the activities will not be needed for survival, but we may be able to recreate the reaction. Placing teens in challenging situations and asking them to perform as a group under supervision of a mentor. Competition between groups is also a great way to apply pressure. Our goal is to place teens in demanding situations, then watch them rise to the situation, and succeed.

We need your help!

We want to reach as many Palm Coast teens as possible. Although we are happy with our growth so far, we think we can do better! The social media and newsletters are a one-person operation. It takes a lot of time trying to build and communicate in the community, and we can only do so much.

We need your help in spreading the word! Take a few minutes to forward our weekly Email, share our Facebook page and posts, and talk to parents of teens about our program. The more teens we can reach, the greater the chances of our success. Not only can we effect the lives of more teens, but we can expand our network to give us the capability to do more!

We want to work with the fire department, police department, the school district, and the numerous local organizations to provide mentoring and teen activities. Many of those relationships have already been formed, but we need to show the benefit of the programs we offer to gain real traction. The way we do that is by filling the roster of these first few programs, and providing an awesome experience for our teens!

Our primary social media outlet is Facebook, but don't hesitate to find us on Instagram, Twitter, and even LinkedIn! Help us grow the community, so we can improve and expand the services we can offer your teens!

Early registration and special opportunities.

Subscribe to the newsletter to be eligible:

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

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www.RisingMomentumFL.com

   @risingmomentumfl  @risingmomentfl

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

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