



the **SHIFT LAB** WHERE LEADERS RISE.

Change is constant. At Shift Lab, we turn change into growth by helping rising leaders build confidence, connection and leadership that extends beyond the classroom.

WHAT WE DO

✓ **Strengthen friendships + teamwork**

✓ **Practice real-life communication**

✓ **Build Confidence + Self Expression**

✓ **Learn Simple Tools for stress + focus**

✓ **Grow Leadership that gives back**

the **SHIFT LAB**

is a MindUteach program designed to help young people thrive in tomorrow's world. The lab is led by Aja Jackson, an educator and youth advocate with over 25 years of experience as a public school teacher, university instructor and coach in educational leadership. Her graduate research focused on the importance of social skills curricula, which has remained a commitment that continues through the Shift Lab today.

PROGRAM SNAPSHOT



**6 -Week
Interactive Series**



**Activity-Based
learning**



Real-World Skills



For More Information
www.minduteach/programs