



## Radiate Motivate – Program Catalog

Radiate Motivate is a 501(c)(3) public charity providing structured, evidence-informed workshops, trainings, and conferences for schools, municipalities, nonprofits, and community-based organizations. Programs may be delivered as standalone sessions, multi-session series, or full-day conferences and may be customized to meet organizational goals and compliance requirements.

### Communication Skills Training

**Description:** A structured workshop focused on improving verbal and non-verbal communication, active listening, and respectful dialogue in personal, academic, and professional settings.

**Audience:** Youth, adults, students, educators, workforce participants, community members

**Measurable Outcomes:** Participants demonstrate improved communication confidence and clarity as measured by pre/post self-report.

### Conflict Resolution & De-Escalation

**Description:** Provides practical tools for identifying conflict triggers, managing emotions, and resolving disagreements in a constructive and safe manner.

**Audience:** Youth, adults, educators, staff teams, community groups

**Measurable Outcomes:** Participants identify multiple conflict-resolution strategies and demonstrate improved emotional regulation.

### Emotional Wellness & Stress Management

**Description:** Equips participants with coping strategies, emotional awareness skills, and stress-management techniques applicable to daily life.

**Audience:** Youth, adults, families, students, workforce participants

**Measurable Outcomes:** Participants report improved stress-management skills and increased emotional awareness.

### Leadership Development

**Description:** Develops leadership capacity through accountability, decision-making, communication, and personal responsibility.

**Audience:** Youth leaders, adults, volunteers, staff teams, emerging leaders

**Measurable Outcomes:** Participants demonstrate increased leadership confidence and decision-making capacity.

### Confidence & Self-Esteem Building

**Description:** Strengthens self-confidence, self-awareness, and positive self-identity through guided discussion and activities.

**Audience:** Youth, adults, students, community members

**Measurable Outcomes:** Participants report increased self-confidence and improved self-advocacy skills.

## Motivation & Goal Setting

**Description:** Helps participants identify personal and professional goals, develop action plans, and build motivation to achieve measurable progress.

**Audience:** Youth, adults, workforce participants, students

**Measurable Outcomes:** Participants identify short- and long-term goals and demonstrate increased follow-through.

## Career Readiness & Professional Skills

**Description:** A workforce development workshop covering professionalism, workplace communication, time management, and career preparedness.

**Audience:** Transitional-age youth, adults, job seekers, workforce participants

**Measurable Outcomes:** Participants demonstrate improved understanding of workplace expectations and increased job readiness.

## Financial Literacy (Introductory)

**Description:** An introductory session focused on budgeting basics, financial responsibility, and everyday financial decision-making.

**Audience:** Youth, adults, students, workforce participants

**Measurable Outcomes:** Participants demonstrate basic budgeting knowledge and increased confidence managing personal finances.

## Substance Awareness & Prevention Education

**Description:** Educational programming addressing substance awareness, prevention strategies, and healthy decision-making using age-appropriate, evidence-informed content.

**Audience:** Youth, students, adults, families, community members

**Measurable Outcomes:** Participants demonstrate increased awareness of substance-related risks and prevention resources.