



BUILD

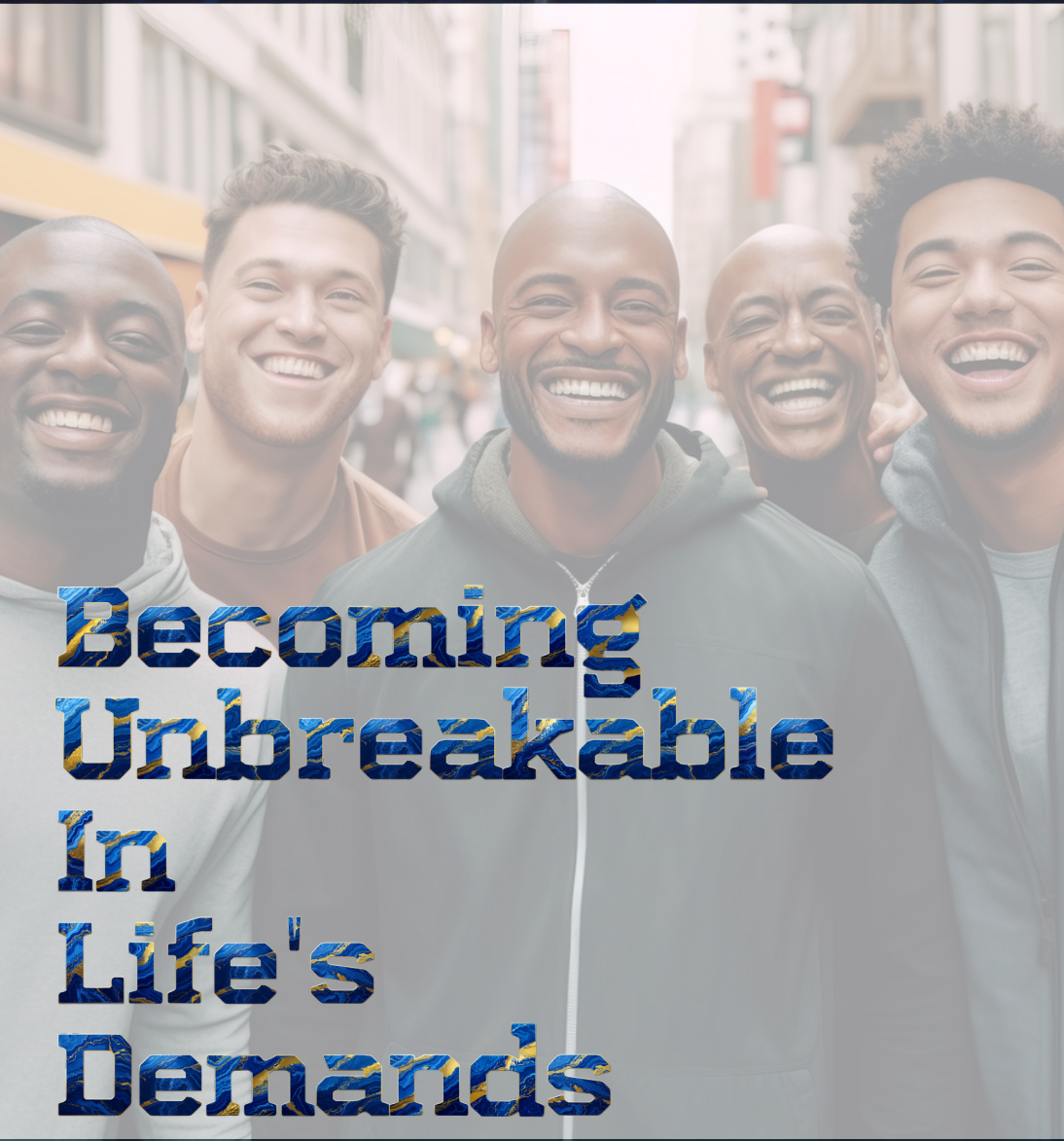
MEN OF PURPOSE



**POWER SHIFT
CONSULTING**
CULTIVATING GREATNESS

Workshop Themes

- Resilience & Growth Mindset
- Self-Control & Discipline
- Communication & Leadership
- Hygiene, Image & Professionalism
- Relationships, Brotherhood & Emotional Intelligence
- Coach-ability, Mentorship & Growth
- Stress Management
- Personal Branding, Identity & Professional Imaging



**Becoming
Unbreakable
In
Life's
Demands**

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BUILD Program: Becoming Unbreakable In Life's Demands

Program Overview

BUILD is a weekly, cohort-based empowerment program designed specifically for young men enrolled in grades 7-12. This customized initiative equips male students with the social-emotional, interpersonal, and professional skills needed to excel in school, work, and life. Through weekly, interactive, culturally responsive sessions, BUILD creates a brotherhood-centered learning environment that helps young men:

- Strengthen resilience
 - Develop self-control and discipline
 - Build healthy relationships
 - Improve communication
 - Establish their personal and professional identity
- Prepare for career and post-secondary pathways

BUILD integrates real-world conversations, relatable examples, and literacy-based content designed to resonate with young men navigating adulthood, responsibility, and long-term goals.

Course Topic Descriptions

1. Resilience

Young men learn how to recover from setbacks, build confidence, and develop mental toughness.

2. Self-Control & Discipline

Sessions focus on managing emotions, controlling impulses, and building long-term discipline.

3. Communication & Leadership

Participants learn to communicate clearly, resolve conflict, and step into leadership roles.

4. Hygiene, Image & Professionalism

Explores hygiene, presentation, and how appearance affects opportunities.

5. Relationships & Emotional Intelligence

Men learn the dynamics of healthy relationships, empathy, boundaries, and collaboration.

6. Coachability & Growth Mindset

Students learn to accept guidance, embrace growth, and build trust with mentors.

7. Stress Management

Focuses on identifying stressors and adopting healthy coping strategies.

8. Personal Branding & Professional Identity

Teaches students to positively influence how they are seen at home, in the community, and in the workforce.

BUILD Program Outcomes

Participants will:

- Develop greater self-confidence and a stronger sense of identity.
- Improve emotional regulation and healthy decision-making.
- Strengthen leadership skills through real-world practice and team challenges.
- Build effective communication and conflict resolution skills.
- Demonstrate increased responsibility, accountability, and self-discipline.
- Establish positive personal and professional goals with actionable plans.
- Develop resilience to overcome adversity, setbacks, and peer pressure.
- Improve problem-solving and critical thinking abilities.
- Strengthen teamwork, collaboration, and respect for others.
- Learn practical life and workplace readiness skills.
- Build healthy relationships based on trust, respect, and integrity.
- Increase financial awareness and personal responsibility.
- Enhance career exploration and entrepreneurial thinking.
- Develop a growth mindset that encourages continuous learning.
- Create a personalized success plan for school, career, and life.

Participants Gain

- Confidence to lead
- Skills to communicate effectively
- Tools to manage emotions
- Strategies for making positive choices
- Greater accountability and personal ownership
- Increased motivation to achieve personal goals
- Improved workplace and employability skills
- A stronger vision for their future

Contact us for a more information:

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