

**Learning Empowerment Seminar:
Be C.O.O.L. - Essential Personal Success Tool : A Basic Development Primer**

**Developers:
Edgewood Community Consulting**

Be C.O.O.L.: Essential Personal Success Tool A Basic Development Primer

Be C.O.O.L.: A Basic Development Primer encourages students to detach the ownership of their education from adults to their own needed development through Be-ing C.O.O.L. (Control Over One's Life). The primer provides participants with nine essential tools that ignite the acceptance of individual responsibility during early childhood.

Objective: Each tool will provide students with individual attributes that are actionable and essential for academic as well as for life achievement - establishing a core set of skills for life success.

Be-ing in Control Over One's Life empowers students to take a lead role as a responsible adolescent while in parental or guardian care which is a skill carried into adulthood.

The principles of Be C.O.O.L are tied to three key areas:

1. Envisioning (cognitive development - picturing life goals and aspirations)
 2. Self-Awareness (emotional intelligence - to be happy with one's uniqueness)
 3. Accomplishment (goals setting and outcomes)
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Presentations and modular group activities will provide personal empowerment. The disciplines covered allow participants a bases to implement actionable steps not limited to success in school, but life.

Development Tools (*in addition to the Training Guide*) include referenced readings to support the topic:

- Visioneering (Stanley, Andy)
- Buckets, Dippers, And Lids: Secrets to Your Happiness (McCloud, Carol)
- Open Your Mind: Learn to Deal with the Big Stuff in Life (Cairney, Gemma)
- Goal Setting: How to Create an Action Plan and Achieve Your Goals (Dobson, Michael and Wilson, Susan)

Online tools to support knowledge transfer include:

- Google Classroom - <https://edu.google.com/k-12-solutions/classroom>
 - Apple Classroom 2.2 - <https://support.apple.com/en-us/HT206151>
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Audience: this seminar series is suitable for middle school, freshman/sophomore level high school students and persons seeking experienced insight toward persevering toward set goals.

Key Terms:

- Personal empowerment - an individual's will to steer and control his or her life toward a favorable outcomes.

Workshop Outline: Foundational Success Tools Developing Core Competencies

Seminar Outline

Through communicative guidance, when understood and used, the participant will be more accountable for their academic learning. Such actions are the result of individual goals set for an envisioned outcome. This approach results in a process of self awareness/maturity.

Development is specific to personal enrichment which serves to promote the importance of self-awareness/discipline to achieve academic and extracurricular goals.

Focus Areas: Envisioning, Self-Awareness, Accomplishment

1. Envisioning - dreams, life perception, externalize, conceptualizing and visionem.
 2. Self-Awareness - emotional intelligence, cognizant, social consciousness, mindful relationships.
 3. Accomplishment - success, effective communication, increased knowledge, gained experience, confidence and trust.
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Principle Concepts (Quotations)

“Sometimes people do not know what they need to know,
so you teach them” - William Hunt

Seminar Topics:

- Visioning - (Projections) where you want to be (goals)
 - Self-Discipline - completing a task(s) despite distraction.
 - Self-Defined Success - challenge to be the best you can.
 - Compassion - miss a goal; forgive yourself
 - Failure - Don't quit. Successful people master failure!
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