



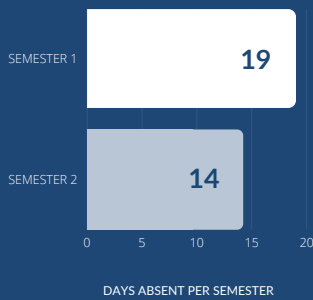
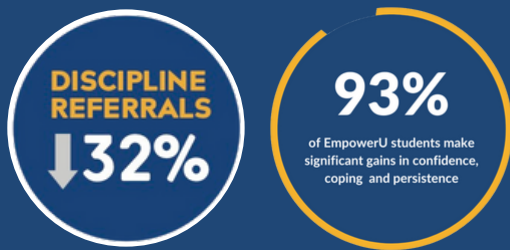
empowerU

AFTER SCHOOL PROGRAM

K- 8

EXPECTED OUTCOMES

EmpowerU's data-driven program will drive measurable impact on student behaviors, attendance and overall student success.



ABOUT EMPOWERU

EmpowerU is a tech enabled, people powered solution, providing highly personalized, data-driven Tier 1 and Tier 2 solutions to help schools build SEL support capacity and equip students with the skills to be resilient, self-directed learners and reach their goals. Founded in 2015 by school-based mental health clinicians. Now serving thousands of schools across the US.

QUESTIONS? LET'S CHAT!

info@empoweru.education
<https://empoweru.education>



Increased Resilience, Motivation and Self-Regulation for Students

Self-regulation and resilience form the foundation students need for learning and life, helping them engage and succeed.

EmpowerU's Before/After School Resilience, Motivation and Self-Regulation Program creates focused time for K-8 students to learn the critical self-regulation skills that help them take charge of their thoughts, feelings and behaviors.

DoFirst™
METHODOLOGY

EmpowerU is the market-leader in providing evidence-based, data-driven programming that propels measurable student growth in motivation, well-being and academic success.

Our DO FIRST™ METHODOLOGY helps students apply strategies to their personal goals, helping them take daily steps toward lasting change.

EmpowerU builds common language for positive behaviors and concrete ways for students to become self-directed learners that can thrive in the face of adversity.

EMPOWERU PROGRAM DETAILS

EmpowerU is easily embedded into before or after school programs and includes:

- 30-minute online staff training.
- Turnkey lessons differentiated by grade level that build upon each other to help students build self-control, confidence and focus.
- Flexible daily/weekly delivery of lessons to fit easily into any after school schedule and format.

DRIVING OUTCOMES

Our account team will customize an implementation plan that will work best with your programs. Choices include:

STAFF-LED: Digital group lessons that are easy for any staff member to lead, projected from our platform with engaging videos and scripted group activities.

INDEPENDENT: Students complete lessons independently on their devices. Allows more flexibility on site.

SUPPORTED: Student complete online independent lessons that are highly personalized and supported. EmpowerU coaches deliver daily 1:1 robust and specific feedback that helps students take daily steps toward change.