

## **The Champions Program**

*“We Develop Champions in Life!”*

### **Results**

*Champions’* participants typically experience profound results in the following areas. These are not presented as future promises or expectations, but as reference points to consider.

1. Experience a shift in their way of being in the world, more at ease and less anxious.
2. Learn contextual awareness.
3. Learn to create the life that they really want, not merely because something is a good idea.
4. Are able to set clear goals and develop effective strategies to achieve them.
5. Take full responsibility for the quality of their life; they stop blaming others for their circumstances.
6. Build their sensory processing skills.
7. Are able to handle change, upset, and transitions with skill and ease.
8. Experience a new level of authentic self expression.
9. Take ownership for the results of their projects, because they learn the importance of choice.
10. Learn their unique learning styles and how to best employ newly discovered talents.
11. Strengthen their sense of self agency and locus of control.
12. Enhance their executive control.
13. Improve organizational skills.
14. Improve relationships with family and friends and heighten their social understanding and awareness.
15. Increase their excitement about learning.
16. Follow-up by a results management team, made up of parents, teachers, *Champions* course teachers, coaches, relatives, and others, reinforce the importance of building self esteem and character through accomplishments.
17. Harness their own high standards of excellence in school and home and self.
18. Learn to reframe “failures” as steps toward a goal.
19. Learn to produce results that are aligned with their own sense of purpose and vision.
20. Learn to take responsibility for their own emotional, physical, psychological, and spiritual well-being.
21. Learn how to enjoy the challenges inherent in taking on initiative.
22. Are happy, fully alive, and turned onto life!
23. Learn the joy and satisfaction in practicing personal discipline.
24. Learn that they are powerful and make a positive difference.
25. Achieve new levels of accomplishment.
26. Exercise leadership.
27. Value their unique voice, style and talents.
28. Participate actively in groups with a greater sense of belonging.