

Choose **2** Be **U**!



(216) 307-ME2U (6238)
www.fromme2uinc.org

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About the Program

Choose to Be U is a life coaching program for high school youth. The program fuses prevention and coaching strategies to assist participants in uncovering and developing their inner strengths, talents, and challenges. There are two program options:

1) school-based or 2) community-based. The school-based component occurs in the classroom and works to build refusal skills, academic, career, and critical thinking skills.

2) The community-based portion of the program focuses on the individual participant and is comprised of four phases:

- **Phase One - Who Am/ Where Am I?**
- **Phase Two - My Role as a Team Member**
- **Phase Three - The Art of Positive Self Expression**
- **Phase Four - You, Me and the Community**

In option two, each participant is paired with a life coach that will work with them independently, to identify dreams and goals that will assist them in moving successfully into their new roles as independent adult leaders, thinkers, and motivators.

Enroll Today!

(216) 307-ME2U (6328)

