



# What is...

# REACHING HIGHER

4 YOUTH



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**WHAT:** An interactive, eight-session course designed to build personal leadership development skills through large and small group work and personal coaching.

**WHO:** Two certified instructors and five mentors guide students through weekly lessons including managing stress, positive life choices and goal-setting.

**WHEN:** Two hours weekly for eight weeks, plus a graduation celebration.

**WHY:** Proven positive outcomes include increased self-confidence, ability to set and attain goals, improved decision making skills and a more positive school environment overall.

I am so glad I took Reaching Higher. If I was having a bad day and I went to Reaching Higher, it would completely flip my perspective. If I was in a situation where it could be negative, I would remember the things we did.



**Ella Thompson**  
Brighton High School



**Luke Czach**  
South Lyon High School

Reaching Higher helped me in so many different ways. Before Reaching Higher, I was stressed about math and school. After Reaching Higher, all my friends and family were telling me how much I had changed for the better.



**McKenzie Green**  
South Lyon High School

Before Reaching Higher, I was less confident in myself and scared to try new things. I was scared to be myself because of judgment. Now my life is really good because of Reaching Higher.



**AJ Morgan**  
South Lyon East High

Reaching Higher is life-changing. It builds this person you never thought you would get to experience. You definitely need to take the class.