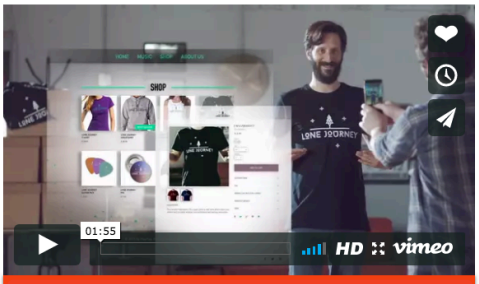
Create Your Foundation



Contact us: info@bhattstudios.com

Despite the genuine best efforts of teachers and school administrators, the reality seems to be that far too many kids are simply unprepared for the high level of self-management and tolerance for ambiguity that the 21st century requires.

Create Your Foundation provides teens and young adults the skills, tools, and support to be the source of their own stability and grounding in a world of ambiguity, ongoing change, and high performance standards.

> THE FOUNDATION OF EVERY STATE IS THE EDUCATION OF ITS YOUTH.
> - DIOGENES

Valuable if you...

- are not as good at setting goals and following through on them as you'd like
- aren't comfortable talking with people you don't know or who are different from you (or are in positions of authority)
- don't deal well with unclear situations or tasks
- don't really feel self-confident in new or stressful situations
- aren't really clear about how to even begin to think about or plan for your future

What you'll do...

- the Foundation groups are 7-10 people between the ages of 15-20 who are committed to getting better at the same things that you are
- each group is led by 2 coaches. One focuses on making sure members of the group understand and feel comfortable using the tools and skills they are learning. The other focuses on developing each member's level of comfort with themselves and in interacting with others.
- classes are fun and entertaining - we don't like to be bored and we assume that you don't either!
- groups meet for 4 hours once a week for 7 weeks. Yay, that sounds like a lot, but trust us, you'll want to keep coming back.

What we promise...

- you'll enjoy the time you spend with the group
- you'll be challenged, but on stuff that you actually care about getting better at
- you'll leave the program feeling much more in control of your life and all the things you have to get done
- **you'll be heard**. This one is huge for us: this program - and everything we do - isn't about us, it's about you. If something doesn't make sense to you or you don't see how to apply it in your life, we'll give you a different tool or approach to try. What matters most is not that you understand our approach, but tat we understand - and respond to - your needs.

Create Your Foundation is the first program in a 4-part series called the **U of Next**. Together, the 4 programs are designed to help young people navigate and thrive in the society and economy that is emerging in the 21st century.

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develop beyond understanding