

What teens say about Inspired STEPS:

- "I learned how to lose judgments that the world held on me and embrace others and my true self."
- "I learned to speak my opinion without being offensive and how to make a real apology."
- "I felt like I got to know a lot of people better, even people I hated and that I would have never been friends with."
- "I have learned that everyone has a past, and that I am not the only person going through difficult times."
- "Anger can be taken out in other ways besides violence and addiction."
- "I've learned that I have a voice. I learned that my anger, my past, frustration and regret no longer hold me down from who I'm trying to be."
- "I learned that everyone is the same. I've never felt more loved and accepted than I have in my 17 years of living. Inspired STEPS is like my family now."
- "You learn to not only solve the problems in your life, but also discover your true value and that regardless of your past, you are still valuable."
- "I threw the black stuff [anger] away—far, far away and it's gone. It's like a new, clean slate—I love it!"

What adults say about Inspired STEPS:

Counselor: "After listening to them, I would ask them to tell me their mission statement again. They actually sat up a little straighter when they would recite it to me."

Coach: "I am not sure what you are doing over there, but he came to practice this afternoon smiling. In all the years I have known that kid, I have never seen him smile."

Teacher: "A dramatic change I've seen in one of my students is he now has a desire to help others and show more respect towards me as his teacher."

Parent: "He is less angry, critical and argumentative. He is more loving, kind and encouraging. It is even trickling down to his siblings, and they are all speaking kindly to each other. Amazing!"

Principal: "Such programs as this are strongly needed in the general population. As a school administrator, I see the value of implementing trainings like this in the school setting."

Business Leader: "This program is run in a very professional manner by people whose main goal is to see the lives of teens changed. The program is flexible, and the leaders are open to the emotional energy in the room and make changes as needed to affect the best outcome."

Victim's Advocate: Watching those frightened eyes and faces reflecting such pain is so challenging to witness. Then to be able to take them step by step through each process and see clarity shine through was incredible."

Overall Results:

- 87% are more engaged with others
- 85% see hope for a brighter future
- 89% said they will make better choices

Specific Results:

After 8 absences the first month of school, two Inspired STEPS attendees did not miss another day the entire year.

After failing a year, an attendee has made the semester A-B Honor Roll for the past 2 years.

An attendee who had committed a crime before Inspired STEPS was given probation because the judge saw such a positive change in attitude.

We are a group of committed professionals led by President and Founder, Jan Martin MacDougall. Jan's 24-year career as a Texas teacher and administrator, combined with her background as VP of Training in corporate America and as trainer/writer for personal growth and spiritual seminars led to the creation of Inspired STEPS.



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PERSONAL LEADERSHIP TEEN TRAINING

*Inspiring
Engagement,
Hope and
Achievement
in Teens*



Through experiential processes, our portable, on-site training inspires teens to engage at a heart level through healthy, respectful communication via strategically designed, thought-provoking exercises based on 25 years of proven success. Teens become aware they are not alone in their circumstances and begin empathizing with others, putting judgments aside.

This self-awareness causes a positive, transformational shift in the way teens interact at school, home and in the community. They envision a meaningful future and connect with how each decision they make...each test they take...each word they say... either brings them a “step” closer to or further away from achievement. *Let us partner with you!*



Our Mission:

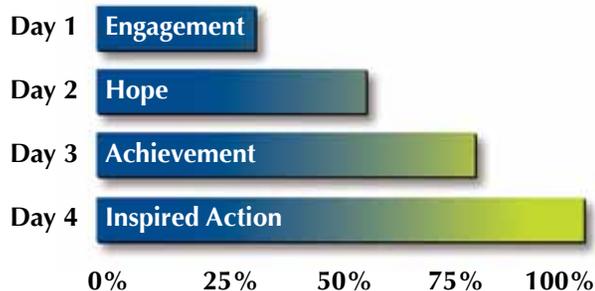
- To inspire teens to acknowledge their past and assess their present in order to activate their potential.

Missions of some of our teen attendees:

- To counsel, uplift and steer my peers in the right direction
- To amplify all-around hope and generosity
- To model self-worthiness
- To inspire people to try harder
- To help abused children and teens find hope and faith
- To help others who lose their parents
- To embrace the weak and rejected with my music and the word of God
- To serve the struggling and the needy families in my surrounding area

The Inspired STEPS System

Topics for Six-Hour Sessions



At Inspired STEPS, we recommend the implementation of the complete four-day program with Day 1 and 2 done one month, followed by Day 3 and 4 one month later. Each six-hour session builds on previous learning; although Day 1 or Day 1 plus Day 2 can be done as stand-alone sessions.

DAY 1: Engagement:

How do I treat myself and others?

- Considering the effect of judgment toward self and others
- Acknowledging personal control of thoughts, feelings and actions
- Realizing hurt and disrespect is felt by everyone
- Becoming part of the solution



DAY 2: Hope:

What type of person am I capable of becoming?

- Accepting that the past doesn't define identity or potential
- Learning to deal with anger in healthy ways
- Reactivating personal core value system
- Believing and trusting in self

DAY 3: Achievement:

What is my life purpose?

- Identifying priorities and dreams
- Listening to and giving real feedback of self and others
- Defining a unique life mission statement aligned with individual skills, talents and desires
- Using mission statements and prioritized goals as decision-making tools

DAY 4: Inspired Action:

What skills will further activate my potential?

- Shifting negative self-talk to positive
- Accepting responsibility for personal actions and their consequences
- Proactively creating healthy options to life challenges
- Expressing and receiving meaningful affirmations that honor self and others

President/ CEO of the Dr. Phil Foundation:

“...these kids just want tools to know how to navigate in the world. That is what you are doing. By combining what they are learning in the classroom with Inspired STEPS, they will be prepared to assume the mantle of leadership in this country.”

– Steve Davidson