

THRIVE: Foundations

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Who is this for?

The THRIVE: Foundations program is for college-bound 9th-12th graders. It is an online program supporting building skills for thriving independently, including hard/practical skills (e.g., creating a resume, and tracking finances), as well as soft/intrapersonal skills (e.g., time management, considering self-care choices, and managing stress effectively). THRIVE: Foundations is for self-motivated students looking to build and integrate skills for thriving into their daily life.

Why?

The transition from high school to college is a big shift! Yes, we've done our best to share our experience and real life knowledge. However, advice from home may get tuned out (or feel like nagging). Then when the novelty of having more freedom wears off and the reality of "adulthood" kicks in once (especially for teens who have seemed to have it all together during high school)? It's easy for our teens to get overwhelmed and overloaded -- fast.

How would it be to breathe a sigh of relief, more confident your teen feels solid on the inside and can think on his/her feet in new situations? Imagine the satisfaction in seeing him/her thriving freshman year of college (and be thinking about goals, plans, and responsibilities he/she is looking forward to, proactively). THRIVE: Foundations supports teens in building needed skills before the new pressures of independence and college academics start in order to set them up for a smoother transition, success on their terms, and thriving. And as an added bonus? Upon successful and verified completion of all coursework, they'll have a new solid experience to put on their resume (and thoughtful work may be published on <https://robinmassey.com>).

Program format:

THRIVE: Foundations is a 6 week online program. Students receive weekly guidance videos and assignments with due dates (taking 2-3 hours/week to complete). Support from Team Skip the Box is offered in an online group setting for questions and help with skill building.

Program Fee: \$197

What teens and parents are saying about working with Robin:

"It's really helped me get things done that I've been meaning to do for a while but have never gotten around to before now. I know some of the important staples I should work on getting done like setting up bank accounts and finance trackers and updating my resume. When you have so many other things to get done though, your work takes priority over the things that technically can wait. This really helps because those things ARE your job." (L, Student)

"The program was useful in the sense that it teaches teens components of financial literacy and strategies to deal with mental health, and ways to manage self-care." (E, Student)

“Not only is this an opportunity for young adults to learn some real life skills, this [program] gives them a great mentor to look up to and learn from every week.” (M, Student)

“The assignments that I did for the program [were] able to help me learn what I should do in the future with life beyond college or high school as well as dealing with problems that I have in high school especially with stress...I think that the program will help high school students to build on having healthy habits in order to have a life with happiness that they want.” (M, Student)

“We have become such a society of “creating a perfect life” on social media and focusing on only showing that to the outside world no matter what is actually going on inside. Robin’s frank conversation style brings a level of comfort to talking about not having all the answers. She opens up the dialogue about being your authentic self and embracing all the feelings.” (M, Parent)

“We had a good family talk last night regarding the information you provided.” (D, Parent)

“Robin presented very helpful information...It encouraged me to keep communication open and non-judgmental with my teenage son. Seeing life from his perspective is crucial as a parent.” (A, Parent)