



MAJOR BENEFITS OF THE DALE CARNEGIE® COURSE FOR TEENS

HIGHER LEVEL OF CONFIDENCE

In a world where risk, challenge, competition, and change go hand-in-hand, self-confidence is the competitive edge. You will build your self-confidence and stretch your comfort zone (the area in which you are most comfortable operating). Stretching your comfort zone is important, because outside of this zone is where your greatest opportunities are waiting. Throughout the course, you will work to expand your comfort zone with the positive support of your trainer. Gaining more confidence means overcoming some of the fears that have been holding you back from being the person you're capable of being. Fears like joining a new group, trying out for the school play or basketball team, running for class officer, or even just raising your hand in class to ask a question or state your opinion.

COMMUNICATION SKILLS

Every session of the Dale Carnegie® Course provides an opportunity to participate in stimulating activities that will build and reinforce the skills you need to communicate powerfully and effectively. These activities are varied, challenging and fun. You will improve your ability to think on your feet and better express your thoughts, ideas, and feelings. Whether in front of a large group, a small group, or one-on-one, you will learn the formula for becoming a more effective, convincing, and interesting communicator. More important, you will discover how becoming an effective listener will make you a better communicator.

STRENGTHEN PEOPLE SKILLS

People skills are an essential ingredient for personal success. In the Dale Carnegie® Course you will focus on the skills that will help you to make a positive impression on others. You will learn how to win enthusiastic cooperation, turn a No into a Yes, and be diplomatic and tactful under pressure. You will learn to choose relationships that will enhance your life, not drag it down. By becoming familiar with Dale Carnegie's principles for strengthening relationships, you'll be able to make great first impressions and create positive friendships. Throughout the course, you'll have opportunities to put your new skills to work where it counts - outside the classroom in your personal life with family and friends.

DEVELOP LEADERSHIP SKILLS

Leadership is about the ability to motivate and inspire people from a variety of backgrounds. You will polish the skills that will help you to be more flexible, enthusiastic, open, and approachable. With leadership skills, you will soon gain enthusiastic cooperation from others, enabling you to gain respect and be more effective.

STRESS MANAGEMENT

To assist students in handling their present challenges and take on new responsibilities without excessive tension or anxiety, a key component of the program is stress management. By putting into practice a number of sound worry control principles, class members learn how to keep problems in perspective. People find they have greater resiliency in handling occasional setbacks so that when they do occur, tempers do not flare and motivation is not lost. The course will teach you skills to help you reduce worry, stress, and tension so that you can maintain a more optimistic approach to school, relationships, work, and life. You will be more focused and self-directed as you learn to set clear, specific goals, avoid procrastination, and confront and solve problems with a more positive attitude.

CLASS COMPOSITION AND SIZE

Class size is approximately 20 to 25 students. The course for teens has the same content and methodology as the course for adults.

INSTRUCTIONAL TEAM

The instructional team consists of a minimum of one instructor and 3-4 graduate assistants.

Instructors are full-time Carnegie careerists or individuals who hold professional positions, have a minimum of a baccalaureate degree, and have successfully completed the Dale Carnegie® Instructors Training Conference (this includes 120 hours of specialized training after completing a minimum of 100 hours of classroom experience as an assistant.) Many instructors hold Masters Degrees. Annually, they participate in an 8-hour "refresher" program to

maintain instructor status. All instructors of the teen program have been specially trained to work with teens and have a range of experience dealing with this age group.

INSTRUCTIONAL METHODS

The eight-session span of the Dale Carnegie® Course helps ensure maximum application and retention of the material covered. Skills acquired in one session can be used in school and personal applications immediately and then reinforced in subsequent sessions.

The classes are non-lecture in format and involve a high level of participation through:

- Informal class talks
- Small group work
- Setting goals and reporting on commitments
- Discussions
- Working with partners
- Guided action-packed and fun exercises

The program is composed of eight weekly sessions meeting once per week for approximately 3.5 hours

HIGH DEGREE OF APPLICATION

Class atmosphere is exciting and encouraging. Participants acquire meaningful, practical skills. Application in business, school and social circumstances is immediate and easy.

REPEATING PRIVILEGE

A graduate may retake the program within a 10-year period for 80% of the then prevailing tuition. This is only applicable under the sponsorship of the Ralph Nichols Group, and on a space available basis.

TRANSFER PRIVILEGE

If a class member moves or is transferred, the program may be completed at any Dale Carnegie® facility.

PROGRAM FLEXIBILITY

If a class is missed, the student may make-up the missed session at any time it is offered. Missed sessions can be attended with another class at no additional charge.

GRADUAL CHANGE

With the program extending over a 2-3 month period, the changes experienced are gradual, non-threatening, and promote the development of new habits.

ACCREDITATION

Attendance and satisfactory participation in a minimum of 7 sessions earn. The American Council recognizes this program on Education (ACE). Their catalogue recommends 2 lower baccalaureate credit hours in Oral Communication. It is up to each individual participant to look into accreditation opportunities through their college or university of choice.

Class tuition for teens = \$1495
(Includes all materials)

For Further Information and/or Enrollment, Please Contact:

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