

MIDDLE AND HIGH SCHOOL

EmpowerU combines engaging daily online lessons with 1:1 virtual coaching to help students replace anxiety and depression with resilience and success. Our tech-enabled solution is proven to help students be active participants in their own wellbeing as they make lasting personal change, gain confidence, lower anxiety, increase and improve friendships, time management and grades.



HOW DOES IT WORK?

Students sign onto the EmpowerU portal from their phone, tablet or computer to complete a 20-30 minute online SEL lesson each school day. Each student is assigned an individual licensed master-degreed instructor who builds a trusting relationship with the student, providing daily feedback and encouragement through the EmpowerU platform to support students in meeting the goals they set.

This powerful combination helps students stay focused and motivated as they increase resilience.

EmpowerU is unique in that we teach students how to make effective change, one small step and one day at a time. EmpowerU engages students in their wellness journey throughout program to create lasting change.

PRODUCT FEATURES:

- Daily online SEL credit-bearing lessons actively engage students to improve resilience, coping, confidence and mental health,
- Highly personalized and supported feedback from a 1:1 virtual coach helps each student set and meet their goals and overcome challenges.
- Easily accessible by phone, computer or tablet
- Delivered in digestible doses that help students take small steps each day toward lasting change in personal, emotional, social and academic wellness.
- Prepares students to navigate post-secondary with resilience
- Proven to lower anxiety, and increase grades and attendance.

"I feel better every time I complete an EmpowerU lesson. I'm definitely more motivated and feel like I am taking daily steps to become the best version of myself."

*Female Student
18 years old*

ABOUT EMPOWERU

EmpowerU's highly personalized, online social-emotional learning program helps young people replace anxiety and depression with resilience and confidence, fueling student transformation at a fraction of the cost of therapy.

VISION

To help millions of students transform from anxiety and doubt into more self-directed and confident human beings who can thrive and succeed, even in the face of difficult circumstances.

GET STARTED TODAY

[VISIT OUR WEBSITE TO LEARN MORE](#)

[CLICK HERE TO SCHEDULE A MEETING](#)

**QUESTIONS?
LET'S CHAT!**

info@empoweru.education
https://empoweru.education



EMPOWERU PROGRAM DETAILS

EmpowerU fills a gap in services for many districts, providing greater access to vital support. Schools purchase EmpowerU as a data-driven intervention in multi-tiered systems of support. We offer both Tier 1 and Tier 2 versions of EmpowerU at the middle and high school levels. (elementary version coming Fall 2021) It is easy for student support teams to onboard students through our EmpowerU school toolbox. Referring staff go through a short 10-minute training and can start referring students as soon as on-demand training is complete.

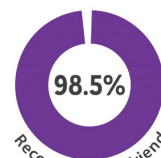
Once enrolled, students will receive automated activation emails to begin the course, and reminder emails to maintain progress. Schools receive weekly progress updates as well as a full pre-to-post data evaluation of each student's progress.

Upon completion, EmpowerU will send the school a final data report for each student that helps districts award a semester Health/ Wellness discretionary elective credit.

EMPOWERU PROVEN RESULTS

EmpowerU engages struggling students as active participants in their wellness journey by combining daily online social-emotional learning lessons with 1:1 coaching support.

More than 93% of students who complete EmpowerU's online program make a dramatic shift from discouragement and anxiety to improved wellbeing, motivation and hope.



"Thank you for cheering on Elle to complete the course with a positive attitude and a high degree of integrity. I feel like these strategies will help her ongoing throughout all aspects of her life."

JERI, Parent of a 10th grader