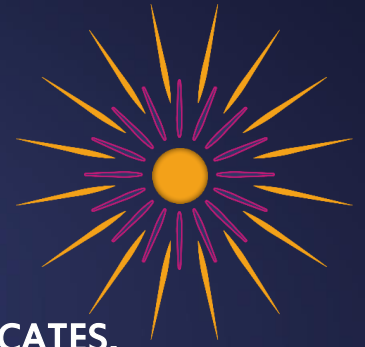


A LIFE IGNITED AND IGNITED S.T.A.R.S. (Students and Teens Achieving Radical Success)
PRESENT...

HIGH SCHOOL HEROES LIFE & LEADERSHIP SKILLS PROGRAM



A HIGHLY INTERACTIVE E-LEARNING EXPERIENCE THAT EDUCATES,
ENGAGES, AND EMPOWERS STUDENTS & TEENS TO THRIVE IN THE
CLASSROOM – AND IN LIFE!

A SOLUTION-ORIENTED EDUCATIONAL OPPORTUNITY THAT
BRIDGES THE “LIFE SKILLS GAP” AMONGST STUDENTS &
TEENS WHILE GIVING SCHOOLS AND EDUCATIONAL
INSTITUTIONS A **COMPETITIVE ADVANTAGE** FOR **INNOVATIVE
ENRICHMENT AND EXTRA-CURRICULAR ACTIVITIES OFFERED.**



“ I wish you could have stayed longer. ” – **8th grader, Avon Grove Charter School.**

“ I would highly recommend Rhonda for group engagements and personal coaching. Feel free to contact me personally for a more detailed reference. I can't wait to work with Rhonda again! ”
Debra Abrams, CPA, PHR Urban League of Philadelphia

“ Your ability to connect with our students with true facts, fun facts and inspiring acts equal for a well-rounded and fun environment for students to want to keep coming back each time you are on campus. ”
Erica Schwartz, Assistant Director, Office of Student Involvement Rutgers University – Camden

“ Students really enjoyed your presentations and felt at ease talking to you ”
Barbara Scott, Director of Technology Waldron Mercy Academy, Lower Merion, PA

10-WEEK CERTIFICATE PROGRAM SCHEDULE:

- Week 1 – **The Power of Influence** & Effective Leadership
- Week 2 – **Social Media Responsibility & Your Digital Footprint**
- Week 3 – **Email Etiquette** for Teens
- Week 4 – **Communication** Beyond Texting
- Week 5 – The Art of **Managing Your Time**
- Week 6 – **Study Skills 101**
- Week 7 – **Respect**, Rapport, and Getting Along Well with Others
- Week 8 – **Resilience** & Overcoming Obstacles
- Week 9 – Manifesting Your **Fullest Potential**
- Week 10 – Goal Setting & **Vision Boards**

EACH WEEK INCLUDES A 1-HOUR LIVE POWER HOUR!

** Program can be customized to meet the unique needs of your community*

Contact Rhonda Kinard, CEO, Trainer and Camtasia-Certified Lead Instructional Designer for additional information

A Life  IGNITED

Drexel Hill, PA
(610) 812-6454

www.alifeignited.com

Program Benefits & Highlights

A Life **IGNITED**

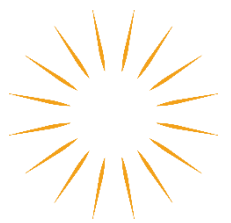
Program Highlights

- ✓ Interactive and relatable videos that students must engage with to complete
- ✓ Pre and Post Assessments built into the video lessons for progress reporting
- ✓ Assessments graded immediately. Students can see their scores right away
- ✓ Weekly live “Power Hour” for group support and deep dive discussions of weekly topic
- ✓ Self-esteem boosters and motivational narratives in every lesson
- ✓ Case Studies and full-color workbook to supplement weekly lessons and off-line activities
- ✓ On-demand summary and detailed reporting (.csv and .xls) to check student progress real-time

Program Benefits

- ✓ Behavioral and social issues that cause challenges and roadblocks within school communities are formally addressed in a fun and engaging way by an independent and passionate partner dedicated to helping your school achieve its learning objectives and reach its strategic goals
- ✓ Students learn priceless life and leadership skills that will improve their learning, social, and professional experiences now – and beyond
- ✓ Increased number of student ambassadors who will exemplify school culture and core values
- ✓ Set your school apart from the others as you implement highly-desirable and in-demand innovative learning opportunities and forward-thinking student success programs

Drexel Hill, PA
(610) 812-6454
www.alifeignited.com



How It Works!



Kick off 10-Week Program

- Teachers or school administration select students
- Each student is registered to the e-Learning course (hosted on a secure web-based server)

10-Week Program Commences

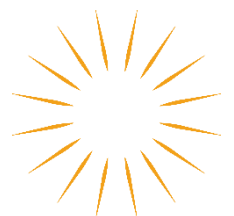
- One lesson delivered per week to student's email
- Interactive lesson with built-in quizzes and assessments to be completed along with IGNITED activities during the week. (Videos up to 20 minutes)
- Weekly live POWER Hour (facilitated by A Life IGNITED or trained school staff member) for group discussion, review case studies, share outcomes, and to authentically connect with and motivate students

End of Program

- Certificate of Completion and button awarded
- Students take the High School Heroes “Pledge of Leadership & Excellence” and become student ambassadors and role models within the school community
- Program review, reports, and student assessments are shared with school administration for program assessment, analysis, and further learning opportunities.

Contact Rhonda Kinard, CEO, Trainer
and Camtasia-Certified Lead Instructional Designer for additional
information

Drexel Hill, PA
(610) 812-6454
www.alifeignited.com



About Rhonda Kinard

With over 21 years of experience in SaaS, SDLC, software testing, business analysis, computer literacy, technical writing, leadership/management, and professional and personal development training, Rhonda is currently the CEO of A Life Ignited, LLC. In her business she works as a Camtasia-Certified Instructional Designer, e-Learning and Udemy-approved Instructor (with over 4,000 online students in over 116 countries), training professional and curriculum consultant helping non-profit organizations, businesses, schools, and coaches create and implement impactful and action-driven learning “experiences” that educate, empower, and engage employees, students, and clients to both accelerate and up level their standards of excellence and to take action, step into their greatness, and achieve their big bodacious goals in life, leadership, and in their careers and businesses.

When Rhonda is not designing courses, consulting clients, or facilitating workshops, she is igniting lives, coaching, and teaching women and students life, empowerment, and leadership skills. She is both an empowerment and STEM speaker who has inspired audiences at schools and colleges, expos, retreats, and international empowerment events.

Rhonda is a very active community servant. She serves as the Director of Communications and Social Media for the Temple Women's Network, and she also mentors and volunteers her time for causes with organizations such as The Urban League of Philadelphia and Treehouse Books, to name just a few. She is also the acting Chairwoman of WomELLE For a Cause, a non-profit organization that provides learning opportunities for women in business.

Rhonda was featured on the cover of WomELLE Leadership Magazine with her family and featured in a 10-page spread discussing work like balance and how to cultivate an amazing home life and relationship with your kids and spouse while working hard to impact the world and build a business.

Rhonda is a self-care fanatic and uses her platform to promote heart health and wellness in African American and other minority communities.

Rhonda is a wife, a mom of two teens, a new yogi, and a passionate believer that everyone can create a life they desire, deserve, and crave when they know their why, focus on their goals, and take unapologetically action - everyday!

A Life **IGNITED**

Contact Rhonda Kinard, CEO, Trainer
and Camtasia-Certified Lead Instructional
Designer for additional information



Drexel Hill, PA
(610) 812-6454
www.alifeignited.com

