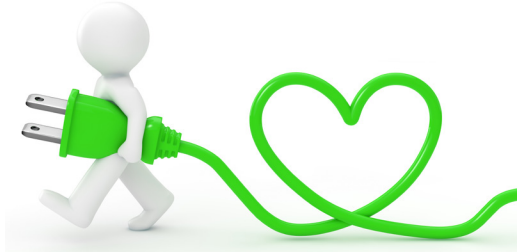


What We Teach

The VIDA Method

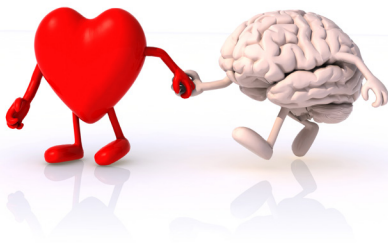
Values

Who Am I?
My values
My core motivators
My preferences
My personal strengths



Super-charge your ability to plan, set personal goals and move ahead successfully when you align your decisions with your core values.

mIOS



My Internal Operating System
The brain & my habits
Emotional regulation & self-care
Ways unconscious biases trick us
Fear, anxiety & risk
Self-reflection

Understand how your feelings and external inputs impact your thinking. Consciously choose your responses and recognize choice points as you interact with the world.

Decision Process

Clear Six-Step Process
Whole-person decision making
Decisions vs. outcomes
My preferences & possibilities
Evaluate & weigh choices



A whole-person decision making process that captures both your heart and mind increases your chances of being more satisfied with your decisions and outcomes.

Action



Essential Life Skills
Time management & practical tools
Improved communication
Practice self-accountability
Become proactive vs. reactive

No one is born with project management skills. Creating a personalized tool-box to hack your habits, stay motivated, and achieve your goals helps take you from chaos to calm.



Drive your life with confidence

Clarity4Action Offerings

Young Decision Makers & Emerging Adults

- ✓ Discover your strengths & values
- ✓ Apply decision process for better results
- ✓ Understand how fear & bias impact thinking
- ✓ Tap into healthy habits & self-management techniques
- ✓ Get more comfortable with an uncertain future ...

Decision Parenting

- ✓ Learn to coach whole-person decision making
- ✓ LEAD (Listen, Empathize, Ask, Decide Next Steps)
- ✓ Find common values, cooperate & unpack "oops decisions"
- ✓ Empower sharing, collaboration & realizing potential

Families and Learning Communities

- ✓ Explore and co-create decisions with confidence
- ✓ Share concepts & common decision language
- ✓ Practice great decision making together

We have chosen the best from decades of decision science, brain-based learning, design thinking, and coaching techniques to provide activated learning opportunities & tools. Our integrated approach applies to decisions related to life readiness. As the art and science of learning evolves, we have a better understanding of how academic mastery, applied experience, critical thinking, and social-emotional skills are essential components of well-prepared humans.

Training Experiences

- Full & Half-Day courses
- Multi-week classes
- Decision Parenting
- Organization Training
- Train-the-Trainer

Coaching

- Individual
- Small Group

Partners

- Homeschool Groups
- Schools, PTA/PTOs
- Community Centers
- Non-profits
- Corporate Sponsors
- Families

Contact Us

www.clarity4action.org
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(Scholarships available)

Clarity4Action is a 501-(c)3 organization

Clarity4Action

Get clarity, take action