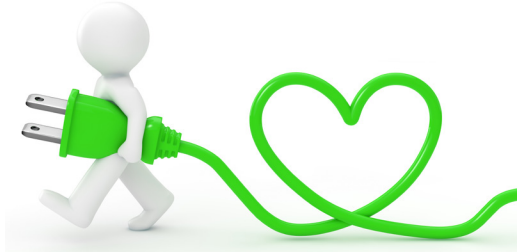


# What We Teach

## The VIDA Method™

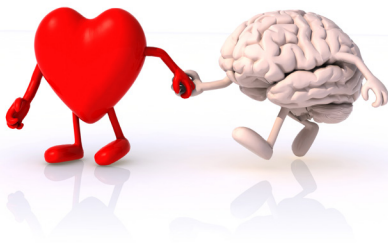
### Values

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

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*(Scholarships available)*

Clarity4Action is a 501-(c)3 organization

**Clarity4Action**

Get clarity, take action