

Tier 2 Comprehensive Support with 1:1 Coaching

empowerU

Highly supported resilience program for students with high-risk

EmpowerU offers highly supported Tier 2 interventions that give students the tools they need to **build vital resilience skills** that increase motivation, confidence and well-being so they can thrive in school and in life.

Our comprehensive support programs combine skill-building resilience lessons with **embedded 1:1 daily coaching** from a licensed EmpowerU coach in a proven, easy-to-implement solution that drives measurable results.



Proven to improve **student motivation, behavior** and **mental health**



of students made significant goal progress



of students found EmpowerU helpful for well-being



of students rated their 1:1 EmpowerU coach as critical to their success

BENEFITS



Builds capacity by utilizing EmpowerU's 1:1 coaches to support mental health needs



Highly supported offering is the only Tier 2 solution with embedded 1:1 coaching



Easy to implement with facilitation led by EmpowerU in collaboration with school staff



Evidence-based, including pre-to-post per student data with 90% achieving significant growth



Full curriculum of resilience skills proven to re-engage students



Science-based, proven design that drives measurable change



HOW IT WORKS

EmpowerU's science-based design **blends technology with personalized support** in one easy-to-use platform.

Students complete digital skill-building resilience lessons and receive daily 1:1 support from their EmpowerU coach.



Staff can **monitor progress, review data and collaborate** with the support team on the live dashboard.

TWO DELIVERY OPTIONS



6 WEEK INTERVENTION (3-8)*

Our 6-week intervention offers a robust resilience program with online skill-building lessons and daily personalized support from a 1:1 EmpowerU coach.

This tailored approach ensures the **development of essential resilience skills** to **support the student's area of need** and fosters sustainable well-being, providing a solid foundation for personal success and growth.

**Grades 9-12 also available*

CREDIT BEARING INTERVENTION (9-12)**

This **semester-long version** is embedded into each student's schedule, enabling them to earn necessary academic credits. The program integrates with National Health and/or Common Core ELA standards and equips students with **transformational resilience skills**.

Each student benefits from daily, personalized guidance and support provided by a dedicated 1:1 EmpowerU coach. This customized approach not only develops crucial resilience skills but also promotes lasting well-being, laying a strong foundation for personal success and growth.

***Grades 6-8 also available*

