

Social Emotional Skills Addressed

The 'I AM Powerful' program series is designed to increase the following social emotional skills for all participants:

- Self-Efficacy
- Leadership
- Communication Skills
- Self-Awareness
- Social Skills
- Resiliency
- Adaptability
- Self-Reliance
- Self-Responsibility
- Connection to Others, Relationship Building Skills
- The Ability to Ask for What One Needs
- Trusting Self and Others

And decrease the following self-harming behaviors:

Addiction Behavior Management

- Substance addiction behaviors
- Self-harming behaviors
- Violent relationships
- Bulimia and anorexia behaviors
- Personal violence and incidents

