

Empowerment TRAINING CENTER

Life University is a training collaborative for students in middle and high school to learn more about skills related to transition to adulthood. Topics that are not typically taught in a traditional classroom setting, can be explored through these workshops in a safe and affirming environment for all students who want to learn more about developing independence, self-awareness, and self-love. Below are a list of training topics that can be delivered to your school in person, or in a virtual setting. If there is an interest in a topic or area that is not highlighted below, please reach out to Erin Reynolds at ereynolds@ssyaf.org to inquire about further learning opportunities.

Life University Training Menu

Managing your Money (1.5 Hours) 2 Trainers

- This workshop will utilize curriculum from Wells Fargo Hands on Banking to share knowledge and ways to learn more about credit and managing finances as a young adult.

Getting a Driver's License (1.5 Hours) 2 Trainers

- This workshop will provide step by step instruction for how to get a drivers license and ways to prepare oneself for taking on the responsibility of system navigation as well as responsibilities of operating a motor vehicle.

Sex Education, An Inclusive Approach (1.5 Hours) 2 Trainers

- This workshop will highlight areas for youth about their reproductive rights, access to birth control, safe sex, and consent.

Voting (1.5 Hours) 2 Trainers

- This workshop will highlight areas for youth to learn more about self-education and gathering of resources to make informed decisions around voting, as well as the step by step processes that are necessary to register to vote.

Alternatives to a Traditional Education Tracks (1.5 Hours) 2 Trainers

- This workshop will highlight and affirm students who desire the exploration of career paths outside of transitional four year university settings. This workshop will highlight entrepreneurship, trade schools, and exploration of goals outside of traditional educational tracks.

Healthy Relationships(1.5 Hours) 2 Trainers

- This workshop will highlight areas necessary for youth to be able to foster healthy relationships with themselves, their peers, family, and romantic relationships. This training will touch on maintaining relationships, boundaries, healthy communication, and conflict resolution.

Responsibilities & Taking Care of Ourselves (1.5 Hours) 2 Trainers

- This workshop will provide knowledge to youth regarding personal hygiene and the impact it has on mental health.

Self-Identity & Building Confidence (1.5 Hours) 2 Trainers

- This workshop will instill skills into youth for developing self-identity, building confidence, and exploring one's own strengths as an individual.

Life University Training Menu Cont.

Independence at 18, What Does This Look Like? (1.5 Hours) 2 Trainers

- This workshop will discuss responsibilities related to housing options once youth turn 18 and all the things to prepare for in relation to applying for first home/apartment, and responsibilities of independence.

Mental Health & Processing Emotions (1.5 Hours) 2 Trainers

- This workshop will address questions and curiosities around what is all the talk about “mental health”, and how do we nurture it, and how can we maintain a strong tool belt of skills to be able to navigate life in a way that allows us to thrive.

Building A Positive Relationship with yourself & Social Media (1.5 Hours) 2 Trainers

- This workshop will discuss the intricacies of responsible and healthy social media use.

Different types of abuse (1.5 Hours) 2 Trainers

- This workshop will discuss stigmas and barriers that prevent those from acknowledging abuse and warning signs to recognize abuse with personal and peer relationships.

Healthy Sexuality and Abuse for Youth Males (facilitated by a male) (1.5 Hours) 2 Trainers

- This workshop provides an individualized approach to recognizing abuse experienced by males and is intended to be a safe space for young males to be present and have discussions around navigating abuse. This workshop will be facilitated by a male adult to honor the safe space.

Healthy Eating habits, healthy relationship with body (1.5 Hours) 2 Trainers

- This workshop will coach youth on building a healthy relationships with eating and body image. We will provide tips and guidance to navigating challenges and negative self-talk in any of these areas.

Toxicity with grind culture (1.5 Hours) 2 Trainers

- This workshop will address the value in being present mentally, physically, and emotionally while navigating the world. Society often pushes us to walk a certain path in life for success, this workshop will provide youth the tools needed to identify what their passions are, versus what societal pressures are pushing on them.

About Us

Stanford Sierra Youth & Families’ Empowerment Training Center provides support and professional development opportunities to employees, volunteers, schools, families, and consumers within the Public Mental Health Services community, as they provide peer-to-peer support to others. The Center’s training programs include wellness and resiliency principles, instill hope, encourage self leadership techniques, and are culturally competent. The Training Center utilizes the principles of Family Centered Practices.

What We Do

The Empowerment Training Center's purpose is to provide innovative learning opportunities that emphasize a multitude of learning objectives for individuals seeking professional development and growth opportunities.