



GENERATE U

The Life By Design™ Program

Life by Design is a program created by Generate U™ for ages 14+. *Life by Design* aims to help young people shape their futures by fostering social-emotional learning competencies and opportunities to explore their interests, skills, and values. The program is delivered over 8 (with room to expand) sessions and uses an experiential learning approach that provides students with skills required to impact their future with increased clarity.

The *Life by Design*™ curriculum aims to provide a respectful space for students to navigate their futures. They will acquire skills to develop the core competencies (self-awareness, self-management, responsible decision making, relationship skills, and social awareness) that are embodied in all Generate U™ programs.

Life By Design™ is currently operating successfully in many schools across the Ottawa Carleton District School Board (OCDSB) to enrich the Grade 10 Careers courses. *Life By Design*™ tools are acquired and applied to all four stages of career attainment: awareness, planning, commitment, and implementation.

Desired Outcomes for Each Participant

1. Identify personal values and interests
2. Determine and manage goals
3. Examine strategies for coping with change and adversity
4. Practice effective communication skills
5. Explore strategies for developing a career plan
6. Create a social network that relates to interests and passions (Dream Team)

By participating in *Life by Design*™, our goal is that students leave the program with a set of strategies, techniques and tools that will direct their future.

If you would like to discuss this further, please contact our Director of Operations, Jessica Saulnier-Porter at jessica@generateu.ca or at 613-608-0373. We look forward to hearing from you.

Sincerely,

The Generate U™ Team