

2025 MBK Summer Program

Realizing Others Outstanding
Talents

The program

Students are at the heart of everything we do. We understand that student achievement is influenced by a wide range of factors, many of which are rooted in social-emotional development and life skills. Key elements such as motivation, resilience, trauma, peer relationships, behavior, academic engagement, personal will, respect, and responsibility all play a crucial role in shaping student success.

The ROOTS program addresses these factors through **ROOTS Shops**—interactive, engaging classroom modules designed with real-life applications. Each module focuses on a specific theme and outcome, guiding students through a structured process of growth and development.

At its core, the ROOTS model is built on the theoretical foundation of **resiliency-building** as a pathway to improved academic performance. Our curriculum is intentionally designed to uncover and strengthen students' inner assets—their "inner wealth"—empowering them to confront and overcome challenges and sensitive issues that may have previously hindered their progress.

As students gain new confidence, this transformation becomes the driving force that motivates them toward greater emotional and academic achievement.

Program Challenges deep-dive

Challenge 1

Self Awareness

Who knows us better than ourselves? As we go through life, we sometimes take for granted what has motivated our actions and behaviors.

Challenge 2

Authenticity

Being true to ourselves and believing in who we really are. Authenticity demonstrates a true sense of being dependable, reliable and genuine, which are all characteristics to being successful.

Challenge 3

Making Your Dream Happen

Dreams are an important part of who we are and what we believe can happen in our lives. Thinking about our dreams and believing they may come true is a great way to focus our positive energies on our individual goals.

Outcome

Success of our program is not measured when the (2) weeks is completed...but when students begin to demonstrate confidence in themselves by taking steps to realize their dreams.

The outcomes

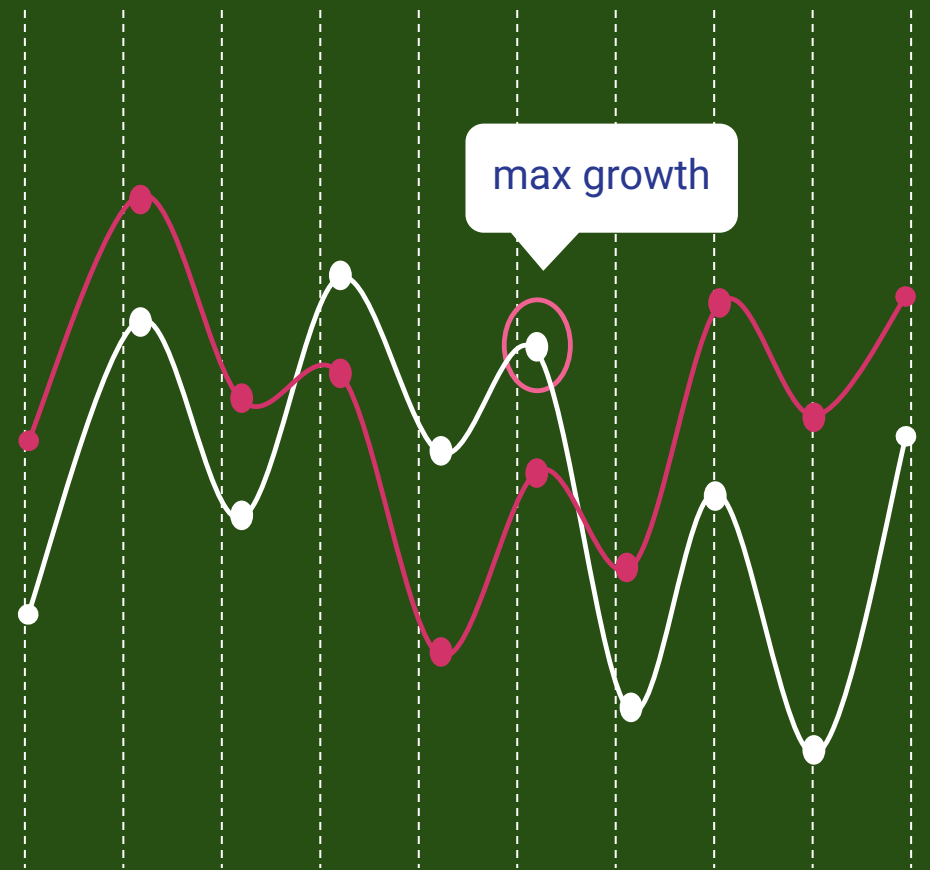


The outcomes



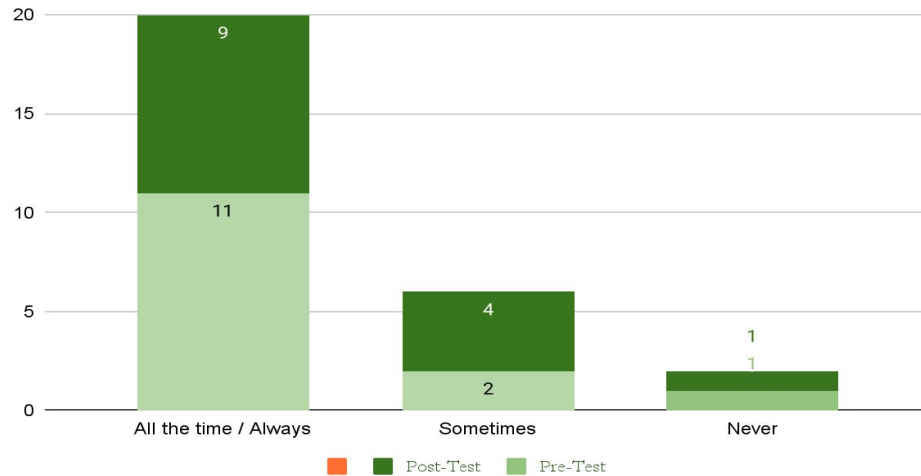
Data

Notes: Our MBK Growth Development Pre & Post test is to get the students to start thinking about who they truly are; and the effects of denying yourself emotional healing, recovery, and building strong self-confidence. After our 2 week S.W.A.G and CEO training and review within the ROOTS playbook students will begin to understand themselves and the importance of the 4 pillars to emotional success.

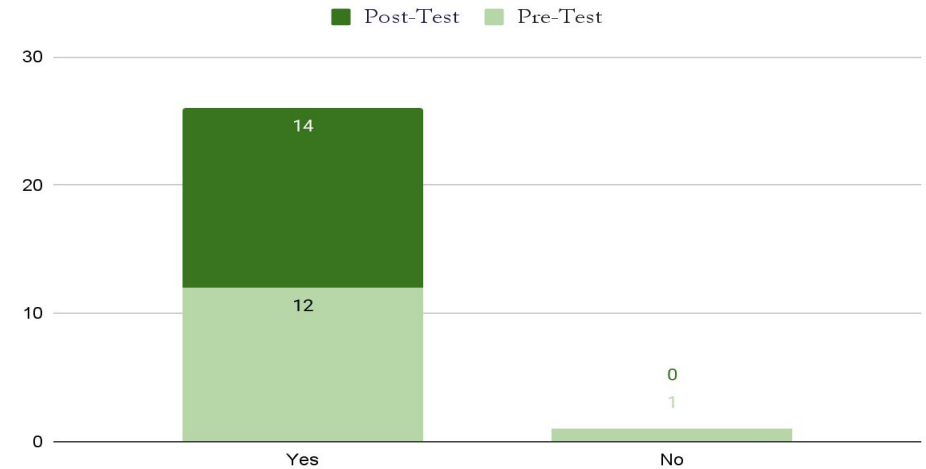


Group 1

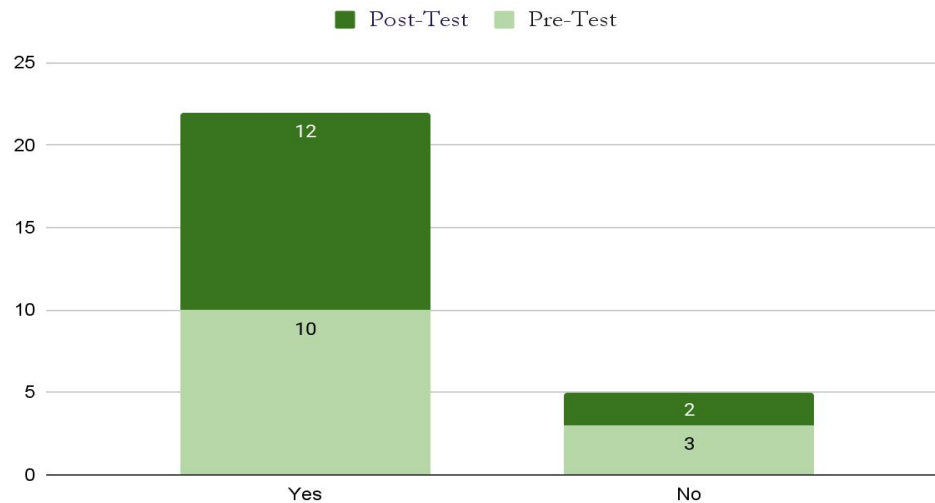
Question: I Truly know who I am & what I am capable of doing.



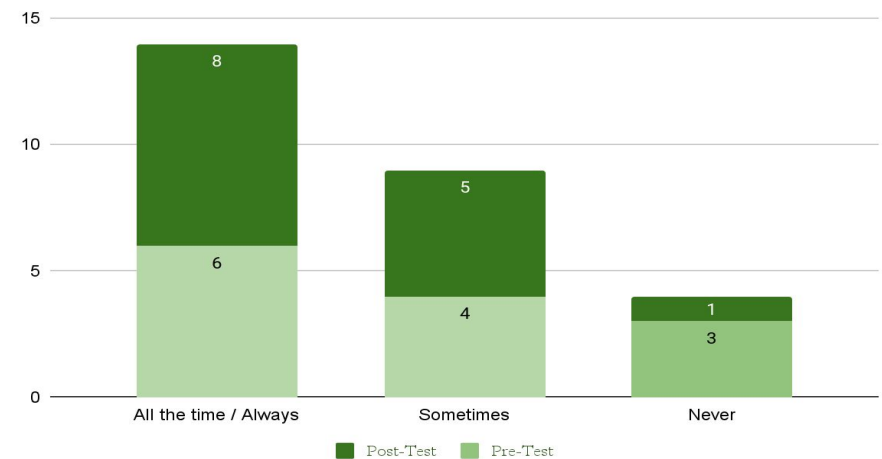
Question: Do you know the importance of being authentic



Question: I feel Like I have a vision for my life right now?

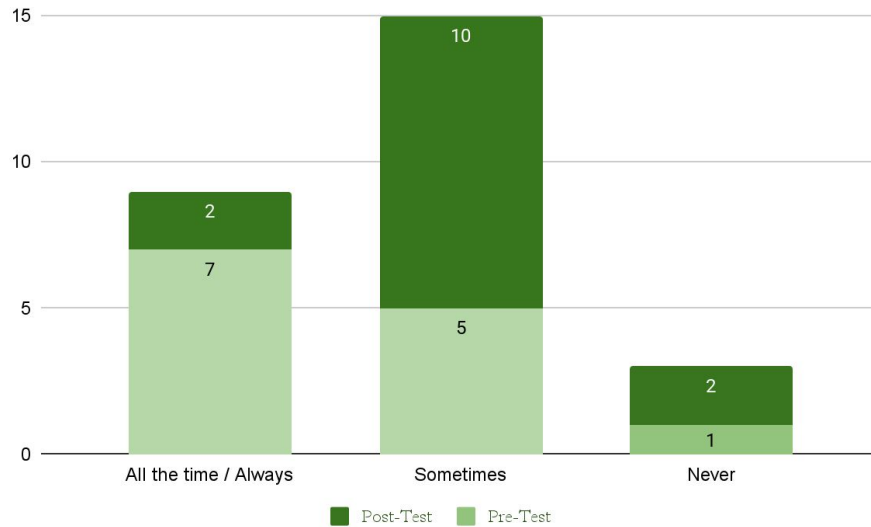


Question: Do I feel like I have adequate coping skills to deal with a ever changing world.

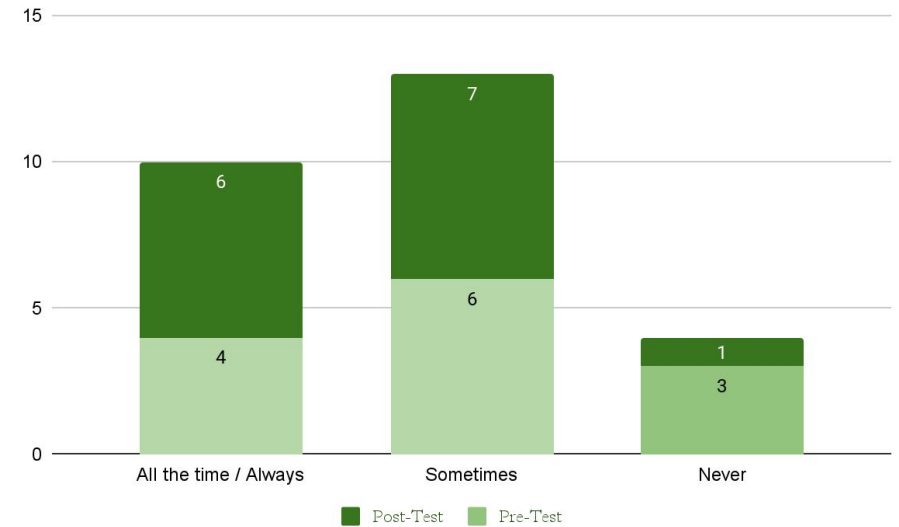


Group 1

Question: I feel like I am worth of success

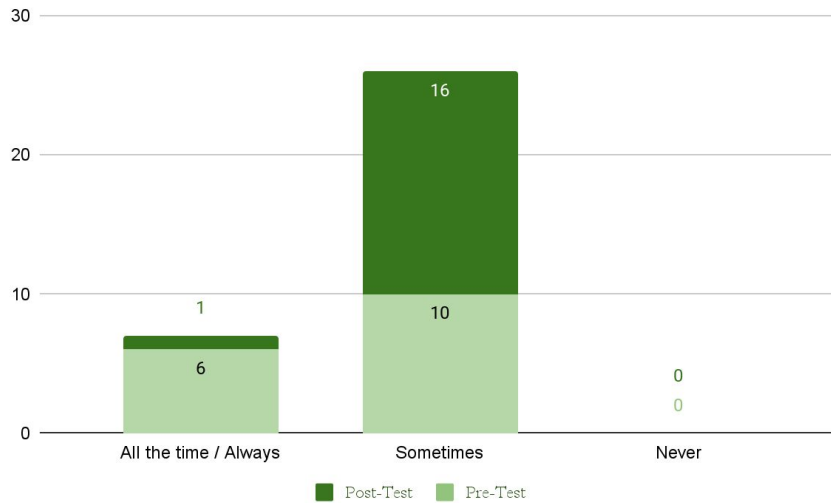


Question: I share my problems with the right people

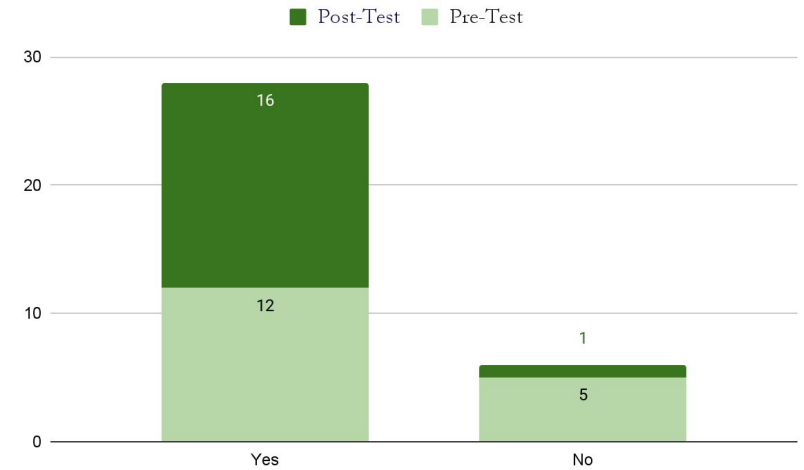


Group 2

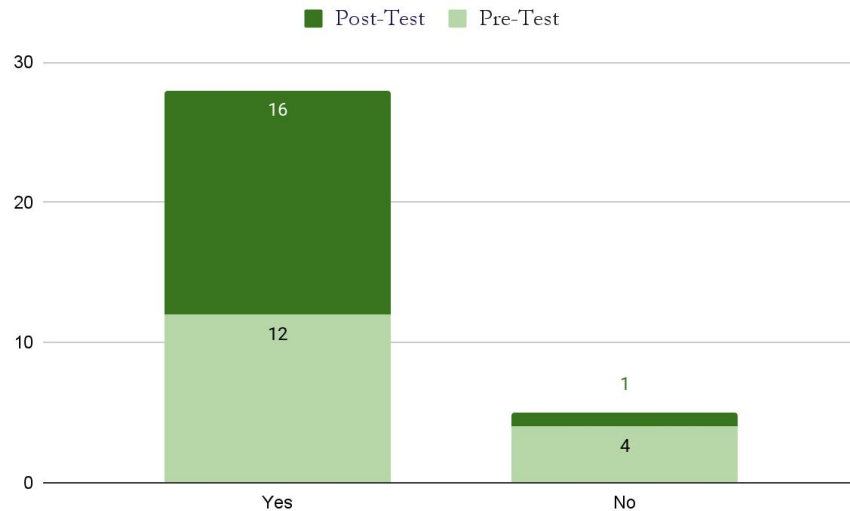
Question: I Truly know who I am & what I am capable of doing.



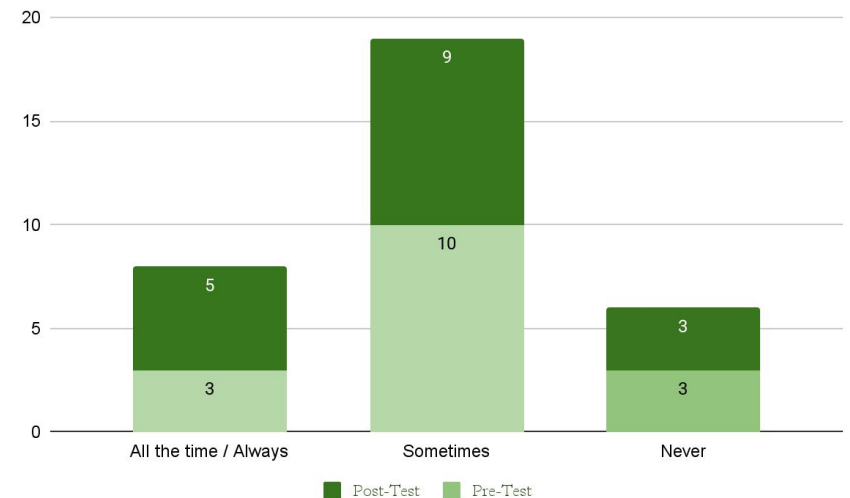
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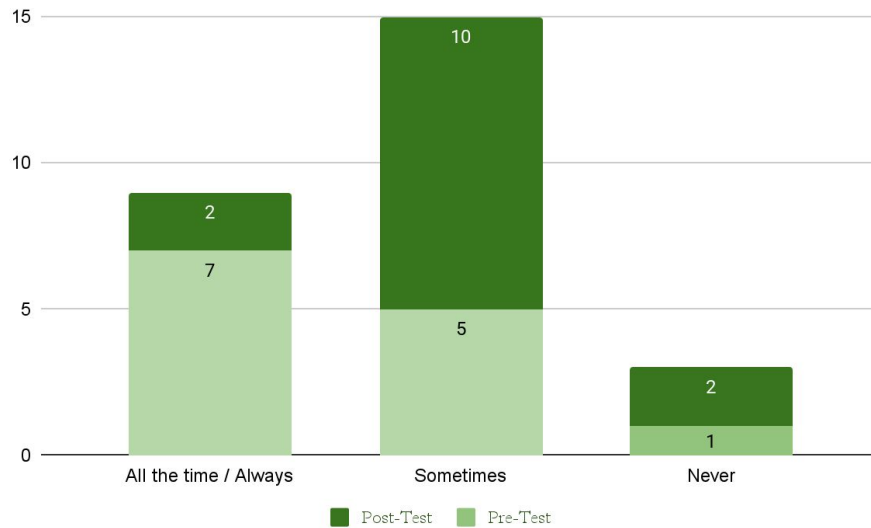


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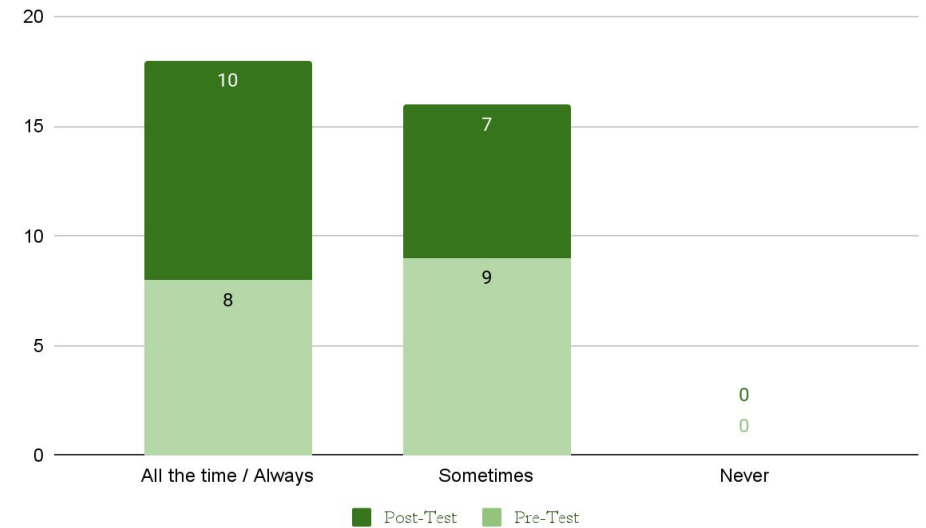


Group 1

Question: I feel like I am worth of success



Question: I share my problems with the right people



Impact

ROOTS Notes:

I visit & observe A LOT of programs throughout Rochester. This is by far the best, most essential & purposeful program I have seen. I am so inspired and learned so much (I wish I did not have to leave).

Keep being EXCELLENT!

"Aspiring CEO" Elko

Student Review - Group A & B

Tr	Name	Tr_Q1	Q1-Answer	Tr_Notes	Tr_Q2	Tr_Q2-Notes	Tr_Q3	Q3-Answer	Tr_Q3-Notes	Tr_Q4	Q4-Answer	Tr_Q4-Notes	Tr_Q5	Q5-Answer	Tr_Q5-Notes	Tr_Q6	Q6-Answer	Tr_Q6-Notes	Tr_Q7	Q7-Answer	Tr_Q7-Notes	Tr_Q8	Q8-Answer	Tr_Q8-Notes	Tr_Q9	Q9-Notes
Student	Did you like the trainers of the Growth & Development Program?	Yes		They taught us valuable lessons about life and prepared us.	What Did you like the most about the program	Learning How to understand myself	Do you feel you are more aware of your emotions since going through the sessions?	Yes	I used to put my feelings down and now I listen to my feelings	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	they helped us dig deep into our future and think about it more.	When were you participating in the program; what do you feel you have overcome because of the training.		I write all of my problems down to get them off my chest.	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	I learned the 4 pillars of emotional intelligence.	Do you feel better about your life since you went through the program training session?	Yes	I was able to get over some of my problems and obstacles.	Do these trainings help you deal with what you are facing now?	Yes	They made me dig deeper on my buried emotions.	What did you learn about yourself during the program	That I tend to distract myself instead of facing the problems head on.
Student	Did you like the trainers of the Growth & Development Program?	Yes		They helped me prepare for my future	What Did you like the most about the program	They taught me valuable lessons	Do you feel you are more aware of your emotions since going through the sessions?	Yes	The sessions taught me how to master my emotions	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	Now I know what I need to do to accomplish my goals	When were you participating in the program; what do you feel you have overcome because of the training.		I learned how to master my emotions and be humble.	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	I will use the skills I learned by making sure I stay confident	Do you feel better about your life since you went through the program training session?	Yes	It taught me how to overcome my emotions and representing my C.A.R	Do these trainings help you deal with what you are facing now?	Yes	they do help me stay in control even though I'm upset.	What did you learn about yourself during the program	I learned that I am Amazing and one of a kind
Student	Did you like the trainers of the Growth & Development Program?	Yes		They helped me become, more confident and focused	What Did you like the most about the program	I liked the public speaking lesson	Do you feel you are more aware of your emotions since going through the sessions?	Yes	I have been made aware of my emotions and I learned to not let me emotions take over me.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	I was learning to be confident, focused, and aware.	When were you participating in the program; what do you feel you have overcome because of the training.		public speaking	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	I would be more focused doing my work, more confident during school.	Do you feel better about your life since you went through the program training session?	Yes	I learned I have s.w.a.g and a beautiful c.a.r.	Do these trainings help you deal with what you are facing now?	Yes	They do because they can relate to us.	What did you learn about yourself during the program	I can accomplish things at a young age but I have to want to do so.
Student	Did you like the trainers of the Growth & Development Program?	Yes		They helped me get through things in life	What Did you like the most about the program	The teachers	Do you feel you are more aware of your emotions since going through the sessions?	Yes		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes		When were you participating in the program; what do you feel you have overcome because of the training.		I overcame mental problems	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes		Do you feel better about your life since you went through the program training session?	Yes	I feel good	Do these trainings help you deal with what you are facing now?	Yes	they helped me cooperate	What did you learn about yourself during the program	I can accept stuff
Student	Did you like the trainers of the Growth & Development Program?	Yes		I learned alot about my c.a.r.	What Did you like the most about the program	I like that we did a vision board	Do you feel you are more aware of your emotions since going through the sessions?	Yes	Usually I would get mad if someone bothers me but now I am good.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	I know black people can succeed	When were you participating in the program; what do you feel you have overcome because of the training.		I overcame the stress	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	I will because after I do one of my goals I will do a new vision board with new goals	Do you feel better about your life since you went through the program training session?	Yes	Now I believe in myself to pass college	Do these trainings help you deal with what you are facing now?	Yes	It helped me ignore others when they pressure me.	What did you learn about yourself during the program	I learned that I am aloud to speak up and that I'm authentic one of a kind.
Student	Did you like the trainers of the Growth & Development Program?	Yes		they taught me about a lot of stuff	What Did you like the most about the program	The vision boards	Do you feel you are more aware of your emotions since going through the sessions?	Yes	Some what because not all the time am I aware of me emotions	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	Because I'm really starting to understand my goals	When were you participating in the program; what do you feel you have overcome because of the training.		Not talking positive about myself	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	By mastering my emotions	Do you feel better about your life since you went through the program training session?	Yes	I feel like it helped me.	Do these trainings help you deal with what you are facing now?	Yes	I learned how to master my emotions alittle bit.	What did you learn about yourself during the program	that I am really a nice person.
Student	Did you like the trainers of the Growth & Development Program?	Yes		They helped me learn more about myself	What Did you like the most about the program	How he teaches young people about the importance of life	Do you feel you are more aware of your emotions since going through the sessions?	Yes	I learned different coping skills and how to master my emotions	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	My trainers spoke life into me to inspire me	When were you participating in the program; what do you feel you have overcome because of the training.		I overcame my public speaking skills and how to cope with my emotions	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	the 4 pillars	Do you feel better about your life since you went through the program training session?	Yes	I was trained by wise people that want better of me.	Do these trainings help you deal with what you are facing now?	Yes	I was scared to speak publicly but after I was confident	What did you learn about yourself during the program	I learned that I have a lot of potential if I put my mind to it.
Student	Did you like the trainers of the Growth & Development Program?	Yes		Since they taught me things that I didn't know about myself	What Did you like the most about the program	I like seeing and doing my vision/Desirey boards	Do you feel you are more aware of your emotions since going through the sessions?	Yes	I liked we where taught to master our emotions	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	Since we learned about S.W.A.G	When were you participating in the program; what do you feel you have overcome because of the training.		I learned to overcome my emotions	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	Taught me to keep going even if gets hard	Do you feel better about your life since you went through the program training session?	Yes	I feel better about college	Do these trainings help you deal with what you are facing now?	Yes	it helped me face college and over come difficulties in life	What did you learn about yourself during the program	Learned I am better than what people say I am.
Student	Did you like the trainers of the Growth & Development Program?	Yes		They didn't just teach us, they fed us and made sure we were good for the day	What Did you like the most about the program	I loved how we did morning affirmations and take a breather to set ready for the next day.	Do you feel you are more aware of your emotions since going through the sessions?	Yes	Now I know that my reactions and emotions can affect if I get a job or not do to their expectations.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	I made a vision board which helped me plan out my futur so that I can start working toward them.	When were you participating in the program; what do you feel you have overcome because of the training.		Public speaking because I felt Proud when I went up and Presented my vision board I spoke out instead of being shy and speaking low like usually do.	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	I will now make sure that my c.a.r is good around people. And when applying for jobs people will always be watching when you do not know it.	Do you feel better about your life since you went through the program training session?	Yes	Now I can start work to reach my goals and dreams with the information they taught us for life.	Do these trainings help you deal with what you are facing now?	No	Because I haven't been dealing with anything yet.	What did you learn about yourself during the program	I should never doubt myself unless I give it a shot.
Student	Did you like the trainers of the Growth & Development Program?	Yes		I feel they helped and welcomed me.	What Did you like the most about the program	I liked when we had public speaking	Do you feel you are more aware of your emotions since going through the sessions?	Yes	They taught us how to push through emotions and how to handle them.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	In this program they teach you about jobs and school.	When were you participating in the program; what do you feel you have overcome because of the training.		I feel I overcame being nervous	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	These skill may help me in Life.	Do you feel better about your life since you went through the program training session?	Yes	it teaches us how to go through life challenges.	Do these trainings help you deal with what you are facing now?	Yes	Because it teaches us how to handle things	What did you learn about yourself during the program	I learned I don't need anybody to be my friend in order to be accepted
Student	Did you like the trainers of the Growth & Development Program?	Yes		Because its teaching me to be a young man.	What Did you like the most about the program	the playbook	Do you feel you are more aware of your emotions since going through the sessions?	Yes	Because we did exercises to practice	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	Because they gave me tips and made me come to reconsideration.	When were you participating in the program; what do you feel you have overcome because of the training.		public speaking	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	Because in the future presentations I will not be scared of.	Do you feel better about your life since you went through the program training session?	Yes	I learned new things	Do these trainings help you deal with what you are facing now?	No	I am not feeling anything.	What did you learn about yourself during the program	that sports are not the only way out.
Student	Did you like the trainers of the Growth & Development Program?	Yes		Because its helping through life.	What Did you like the most about the program	the playbook	Do you feel you are more aware of your emotions since going through the sessions?	Yes	Cause I haven't really get buy lately	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes		When were you participating in the program; what do you feel you have overcome because of the training.		my confidence	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	I can control my emotions	Do you feel better about your life since you went through the program training session?	No	Not really better	Do these trainings help you deal with what you are facing now?			What did you learn about yourself during the program	How to control my emotions
Student	Did you like the trainers of the Growth & Development Program?	Yes		They cared for us and gave us a lot.	What Did you like the most about the program	How the trainers taught us like we were real workers	Do you feel you are more aware of your emotions since going through the sessions?	No	Because they taught us everyday about it.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	I was a little nervous but then they helped me open up.	When were you participating in the program; what do you feel you have overcome because of the training.		My soul	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	Learning my emotions	Do you feel better about your life since you went through the program training session?	Yes	I know my emotions now.	Do these trainings help you deal with what you are facing now?	Yes	it tells us about the real world	What did you learn about yourself during the program	I learned about my c.a.r.
Student	Did you like the trainers of the Growth & Development Program?	Yes		Because I grew	What Did you like the most about the program	learning roots	Do you feel you are more aware of your emotions since going through the sessions?	Yes	Because I learned how to react	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	Because I know what to do when I want a job	When were you participating in the program; what do you feel you have overcome because of the training.		I over came my emotions	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	I can get a job by what I learned	Do you feel better about your life since you went through the program training session?	Yes	I figured out how to master my emotions	Do these trainings help you deal with what you are facing now?	Yes	I have to remember to keep my c.a.r. right	What did you learn about yourself during the program	I am not shy that's what I learned.
Student	Did you like the trainers of the Growth & Development Program?	Yes		The teachers give knowledge	What Did you like the most about the program	They gave us good information that we need like c.a.r and 4 pillars	Do you feel you are more aware of your emotions since going through the sessions?	Yes	Because they taught us to carry our c.a.r and how to handle yourself	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes	Because Mr. Claydon and Ms. Jones and the rest gave me confidence	When were you participating in the program; what do you feel you have overcome because of the training.		I feel happy and relief	Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes	How I would go to college and carry my c.a.r there and accountability	Do you feel better about your life since you went through the program training session?	Yes	In the middle because these teach us alot.	Do these trainings help you deal with what you are facing now?	Yes	Helping me to control my emotions	What did you learn about yourself during the program	To have s.w.a.g and to cope with my emotions
Name	Did you like the trainers of the Growth & Development Program?	Yes		Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	Yes		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	Yes		When were you participating in the program; what do you feel you have overcome because of the training.			Will you use the skills learned in the program to assist you in pursuing your dreams?	Yes		Do you feel better about your life since you went through the program training session?	Yes		Do these trainings help you deal with what you are facing now?	Yes		What did you learn about yourself during the program	
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Tr Name	Tr Q10	Q10-Answer	Tr Q10-Notes	Tr Q11	Q11-Answer	Tr Q11-Notes	Tr Q12-Comments	Column 11	Column 12	Column 13	Column 14	Column 15
Student	Has the program session increased your skills in solving your personal problems?	Yes	I have better coping skills and working on my emotions	What character traits do you feel you grew the most during the program?	Friendships...	Freinds	I am thankful for learning about my emotions, future, my c.a., and making a bunch of new friends					
Student	Has the program session increased your skills in solving your personal problems?	Yes	They have because now what to do when times get hard in life.	What character traits do you feel you grew the most during the program?	Not really	Contolling my emotions	I liked it even though there was alot of drama					
Student	Has the program session increased your skills in solving your personal problems?	Yes	The C&M sessions help me improve my public speaking	What character traits do you feel you grew the most during the program?	Emotions		It was making me learn about the real world and about Life.					
Student	Has the program session increased your skills in solving your personal problems?	Yes		What character traits do you feel you grew the most during the program?	Ability		I am very graetful					
Student	Has the program session increased your skills in solving your personal problems?	Yes	Now I know how to deal with bad influences	What character traits do you feel you grew the most during the program?	Confidence	My decision making						
Student	Has the program session increased your skills in solving your personal problems?	No	Because Growth and development has help me understand my personal problems	What character traits do you feel you grew the most during the program?	Confidence		I had a fun time and I am looking forward to being here next year.					
Student	Has the program session increased your skills in solving your personal problems?	Yes	It helped me master my emotions	What character traits do you feel you grew the most during the program?	Character	my intelligence and wisdom	Keep going, I loved it.					
Student	Has the program session increased your skills in solving your personal problems?	Yes	we learned to master our emotions and our 4 pillars	What character traits do you feel you grew the most during the program?	Emotions		I feel that it may be hard but it will grow your character.					
Student	Has the program session increased your skills in solving your personal problems?	Yes	Now I know when I am mad I should not take my emotions out on other people. I should rather take a breather not get mad at them for my problems.	What character traits do you feel you grew the most during the program?	Confidence	I was able to confidently present my vision board infront of a lot of people.	I loved the c.a.r because now I can be more mindful around others.					
Student	Has the program session increased your skills in solving your personal problems?	Yes	Because they gave me new ways to handle my emotions.	What character traits do you feel you grew the most during the program?	Leadership	My leadership grew the most and my independence	I love it here I hope to see you next summer					
Student	Has the program session increased your skills in solving your personal problems?	No	Not really I don't have personal problems	What character traits do you feel you grew the most during the program?	Confidence	public speaking	great working with them and taught me a lot.					
Student	Has the program session increased your skills in solving your personal problems?			What character traits do you feel you grew the most during the program?	Ability							
Student	Has the program session increased your skills in solving your personal problems?	Yes	I know how to talk to others	What character traits do you feel you grew the most during the program?	Character	Respection others						
Student	Has the program session increased your skills in solving your personal problems?	Yes	I know what to do now	What character traits do you feel you grew the most during the program?	Emotions		If you join you will be something in life because you are a ceo and resources to help you					
Student	Has the program session increased your skills in solving your personal problems?	Yes	Because if I am in public I need to be aware of whos helping me and not being pressured.	What character traits do you feel you grew the most during the program?	Confidence	I grew being humble						
Name	Has the program session increased your skills in solving your personal problems?			What character traits do you feel you grew the most during the program?	Motivation							
Name	Has the program session increased your skills in solving your personal problems?	Yes		What character traits do you feel you grew the most during the program?	Confidence							
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Name	Has the program session increased your skills in solving your personal problems?			What character traits do you feel you grew the most during the program?								

Tr_ Name	Tr_ Q1	Q1-Answer	Tr_ Notes	Tr_ Q2	Tr_ Q2-Notes	Tr_ Q3	Q3-Answer	Tr_ Q3-Notes	Tr_ Q4	Q4-Answer	Tr_ Q4-Notes	Tr_ Q5	Q5-Answer	Tr_ Q5-Notes	Tr_ Q6	Q6-Answer	Tr_ Q6-Notes	Tr_ Q7	Q7-Answer	Tr_ Q7-Notes	Tr_ Q8	Q8-Answer
Student 1	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	I did because they were very transparent with us and gave us constructive criticism when it was needed	What Did you like the most about the program	I am no the type of person to make friends and socialize with people but I actually enjoyed meeting different people with different personalities.	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>	I feel more aware of my emotions as I've learned how to be a better self-regulator and learned how to cope with them.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>	I know what to let get in my way and what not to let get in my way of chasing my dreams.	When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>	I feel like I've somewhat overcome my ways of negative self-talk because lately I've been speaking more positively about myself.	Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>	I will start mastering my emotions, selling my c.a.r. in the best way possible, and having a ROOTS be attitude.	Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	Now I know hot to be a better game changer and I know what I want to be and how I want to be it.	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>
Student 2	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	Because they taught me so much that to the point were I want to teach.	What Did you like the most about the program	Becoming a wellionare and showing my c.a.r.	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>	After this I mastered my emotions.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>	I have three course that helped and showed the way to success.	When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>	What I have overcome is being able to talk to others and be social.	Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>	Never quitting and to continue what i do for this world.	Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	I have been able to keep up and develop new knowledge.	Do these trainings help you deal with what you are facing now?	<div><div>No</div></div>
Student 3	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	It helped my mental health.	What Did you like the most about the program	How to find people who can negatively effect me.	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>	It helped become much calmer	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>	the people can help me reach my goals.	When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>	master my emotions	Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>	The people in here can help me.	Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	I think I am much calmer and will get mad less often	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>
Student 4	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	I liked the program trainer because they saw what I didn't see in me.	What Did you like the most about the program	I like how I could say what I like without someone/something judging me.	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>	They make me feel safe and I love how they don't judge me.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>	they helped me reach my goals by doing these activities.	When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>	I felt like I overcame a little bit of my past by the bag syndrome.	Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>	I will forever use the afformation like, wellionaire, c.a.r. ROOTS, & s.w.a.g	Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	I grew everyday with these people and I love to see them grow.	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>
Student 5	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	they were kind and helpful.	What Did you like the most about the program	Vision Boards	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>	I learned how to master my emotions.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>	They are helping me out.	When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>	my emotions	Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>	yes, because of the book be a game changer Turn on screen reader support	Do you feel better about your life since you went through the program training session?	<div><div>No</div></div>	My c.a.r. feels better	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>
Student 6	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	I like them because they hep you get prepared for the future.	What Did you like the most about the program	They taught me how to more aware of your emotions	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>	I feel like I am a bit more aware because I have to be respectful.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>	I am not really confident as much because I don't practice hair, but I want to do it.	When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>	I feel like I overcome my past trama, and I'm finally starting to let go.	Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>	I will, I know if I feel my c.a.r. and show my wellionaire.	Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	I feel better, ever since I started this program my life has been so much better since then.	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>
Student 7	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	They taught me a lot about myself.	What Did you like the most about the program	I like working on my vision board.	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>	I learned strategies to overcome my emotions.	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>No</div></div>	It was more than I need to know about myself.	When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>	I learned to control myself	Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>	I can use this in life	Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>	
Student 8	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	It helped me with my future.	What Did you like the most about the program	The people here are great.	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>	When I get mad I just walk	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>	I got through it and I did it.	When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>	I over came my fears of talking to a lot of people.	Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>	I will because I now say look at your future and you are your own walking bill board.	Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>	
Student 9	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	they were abel to mentor me and guide me throw the work	What Did you like the most about the program	Presentations on my vision board	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>	the four pillars	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>	My vision board helps me think about the big things I want.	When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>	I overcame my feer of speaking infront of lots of people.	Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>	By pressing through hard times	Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	this program gave me coping skills.	Do these trainings help you deal with what you are facing now?	<div><div>No</div></div>
Student 10	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	they kept it real	What Did you like the most about the program	Talking about life	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>	We are being taught to understand our ematons	Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>	talking about struggles	When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>	emotions	Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>	Being Authentic and Popular	Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	I understand a lot more now.	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>
Student 11	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>		When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>		Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>		Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>	
Student 12	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>		When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>		Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>		Do you feel better about your life since you went through the program training session?	<div><div></div></div>	Do these trainings help you deal with what you are facing now?	<div><div></div></div>	
Student 13	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>		When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>		Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>		Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>	
Student 14	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>		When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>		Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>		Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>	
Student 15	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>		When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>		Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>		Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>	
Student 16	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>No</div></div>		When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>		Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>		Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>	
Student 17	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>		When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>		Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>		Do you feel better about your life since you went through the program training session?	<div><div>Yes</div></div>	Do these trainings help you deal with what you are facing now?	<div><div>Yes</div></div>	
Student 18	Did you like the trainers of the Growth & Development Program?	<div><div>Yes</div></div>	Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	<div><div>Yes</div></div>		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div>Yes</div></div>		When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>		Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div>Yes</div></div>		Do you feel better about your life since you went through the program training session?	<div><div>No</div></div>	Do these trainings help you deal with what you are facing now?	<div><div>No</div></div>	
Name	Did you like the trainers of the Growth & Development Program?	<div><div></div></div>	Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	<div><div></div></div>		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div></div></div>		When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>		Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div></div></div>		Do you feel better about your life since you went through the program training session?	<div><div></div></div>	Do these trainings help you deal with what you are facing now?	<div><div></div></div>	
Name	Did you like the trainers of the Growth & Development Program?	<div><div></div></div>	Notes	What Did you like the most about the program	Q2-Notes	Do you feel you are more aware of your emotions since going through the sessions?	<div><div></div></div>		Do you feel more confident about obtaining your goals personally & academically since you participated in the program	<div><div></div></div>		When you were participating in the program; what do you feel you have overcome because of the training.	<div><div></div></div>		Will you use the skills learned in the program to assist you in pursuing your dreams?	<div><div></div></div>		Do you feel better about your life since you went through the program training session?	<div><div></div></div>	Do these trainings help you deal with what you are facing now?	<div><div></div></div>	

Tr Q8-Notes	Tr Q9	Q9-Notes	Tr Q10	Q10-Answer	Tr Q10-Notes	Tr Q11	Q11-Answer	Tr Q11-Notes	Tr Q12-Comments	Column 11	Column 12	Column 13	Column 14	Column 15
I've learned how to better cope with my emotions, reflect, and bounce back.	What did you learn about yourself during the program	I've learned that I'm better than what I sometimes believe myself to be and I am truly my authentic self	Has the program session increased your skills in solving your personal problems?	No	How to leave certian situations alone and if they do need to be dealt with,I know the right way to deal with them.	What character traits do you feel you grew the most during the program?	Mindset	Listening to the wrong speakers. I've stopped listening to certian things people say to me unless it is benefitting or elevating me.	I enjoyed this session in this program because it has benefitted me in may great ways and I've seen lots of growth in myself and the way I do things.					
Not really because my challenges are way farther than this.	What did you learn about yourself during the program	My c.a.r. and my s.w.a.g	Has the program session increased your skills in solving your personal problems?	Yes	My problems where to much for me and this helped me.	What character traits do you feel you grew the most during the program?	Charac...	My attitude has increased in the rankings from you guys.	These teachers can really change your life so I suggest that the next people to give thier all this will be biggest supprise you'll get					
they can help me get my goals	What did you learn about yourself during the program	I get angry quickly and I lose focus.	Has the program session increased your skills in solving your personal problems?	Yes	They showed me to not give up on my goals.	What character traits do you feel you grew the most during the program?	Mindset	Made me stay away from bad people.	This class was like therapy but show me life lessons. I also learned the 4 pillars of life.					
They made me realize what I am feeling and why I feeling that.	What did you learn about yourself during the program	I learned that I am a wellionaire, and that I am selling my c.a.r. everyday.	Has the program session increased your skills in solving your personal problems?	Yes	they helped me master my emotions and short term amnesia	What character traits do you feel you grew the most during the program?	Mindset	I loved how I could be myself and I wanna thank the trainers.	I thank you for teaching me.					
I am not really feeling anything right now.	What did you learn about yourself during the program	I learned to master my emotions	Has the program session increased your skills in solving your personal problems?	Yes	Now I know how to face them.	What character traits do you feel you grew the most during the program?	Confid...	master my emotions	It was a great experience and I would want to do more training.					
Of course these trainings help you, you never know what people are going through that's why they help us.	What did you learn about yourself during the program	I learned that sometimes I need to let go of things, maybe it's for the better.	Has the program session increased your skills in solving your personal problems?	Yes	It has helped my coping skills to help my c.a.r.	What character traits do you feel you grew the most during the program?	Confid...	I feel like this program has helped me make up my mind on alot of things.	I would like to thank them for helping me become a better person and making my selfesteem higher.					
I need more info.	What did you learn about yourself during the program	Development	Has the program session increased your skills in solving your personal problems?	Yes	Session	What character traits do you feel you grew the most during the program?	Charac...							
When I need to know my c.a.r.	What did you learn about yourself during the program	That I changed and I have a ROOTS be attitude.	Has the program session increased your skills in solving your personal problems?	Yes	I don't give up	What character traits do you feel you grew the most during the program?	Confid...	No longer shy.	I like this program it helps you and changed me.					
I'm not really facing anything.	What did you learn about yourself during the program	I learned that I have poor coping skills	Has the program session increased your skills in solving your personal problems?	No	I haven't had any problems since I have been here.	What character traits do you feel you grew the most during the program?	Charac...	Being able to get through things.	I really liked this class it is very laid back and simple.					
its teaching me not to listen to the wrong speakers	What did you learn about yourself during the program	be authentic	Has the program session increased your skills in solving your personal problems?	Yes	Being more open minded	What character traits do you feel you grew the most during the program?	Charac...		Self Awareness, empathy					
	What did you learn about yourself during the program		Has the program session increased your skills in solving your personal problems?	Yes		What character traits do you feel you grew the most during the program?	Motivat...							
	What did you learn about yourself during the program		Has the program session increased your skills in solving your personal problems?			What character traits do you feel you grew the most during the program?	Confid...							
	What did you learn about yourself during the program		Has the program session increased your skills in solving your personal problems?	Yes		What character traits do you feel you grew the most during the program?	Motivat...							
	What did you learn about yourself during the program		Has the program session increased your skills in solving your personal problems?	Yes		What character traits do you feel you grew the most during the program?	Confid...							
	What did you learn about yourself during the program		Has the program session increased your skills in solving your personal problems?	Yes		What character traits do you feel you grew the most during the program?								
	What did you learn about yourself during the program		Has the program session increased your skills in solving your personal problems?			What character traits do you feel you grew the most during the program?								
	What did you learn about yourself during the program		Has the program session increased your skills in solving your personal problems?	Yes		What character traits do you feel you grew the most during the program?	Maturity							
	What did you learn about yourself during the program		Has the program session increased your skills in solving your personal problems?	Yes		What character traits do you feel you grew the most during the program?	Creativi...							
	What did you learn about yourself during the program		Has the program session increased your skills in solving your personal problems?			What character traits do you feel you grew the most during the program?								
	What did you learn about yourself during the program		Has the program session increased your skills in solving your personal problems?			What character traits do you feel you grew the most during the program?								

CEO Parent Review

Cohort 1 - (12 out of 15 Parents) rated their CEO program from a scale from 1 - 5 a 5 stars. They saw the growth in mastering their emotions and they saw more self confidence.

Cohort 2 - (12 out of 15 Parents) rated their CEO from a scale from 1 to 5 a 5 stars. They saw how they were more confident and able to articulate their plans and goal for their futures .

CEO Baldwin mother said she saw her daughter grow regarding a shy young lady but now able to express herself about what she feels why she feels the way she does.

CEO Bradley Father said he is so emotional because CEO Bradley is truly understanding himself and sees how he overcame some serious obstacles in his life . He said son I am so proud of you and I love you.

CEO Powell step mother stated I am so proud of the resilience the determination she has seen during the two weeks she has been apart of this CEO Module

CEO Martinez mother stated that her daughter's creativity and self confidence is amazing and this Destiny/ Affirmation presentation brings her so much joy seeing her declaring great plans for her future



CEO Parent Review

CEO Robinson Grandmother flew from Texas to see this presentation. She stated how her grandson is so focused stating how this CEO module helped her grandson mature and she is so amazed regarding his aspirations & dreams

CEO Wilson mother stated that she was excited about how she has seen her son grow and become more self aware of his behavior . She stated that she was in awe of his great affirmation / destiny presentation !

CEO Triplet mother stated how this CEO module helped her son overcome his father's death . He has grown in his character & his ability . He is able to face the challenges that he used to not want to face .

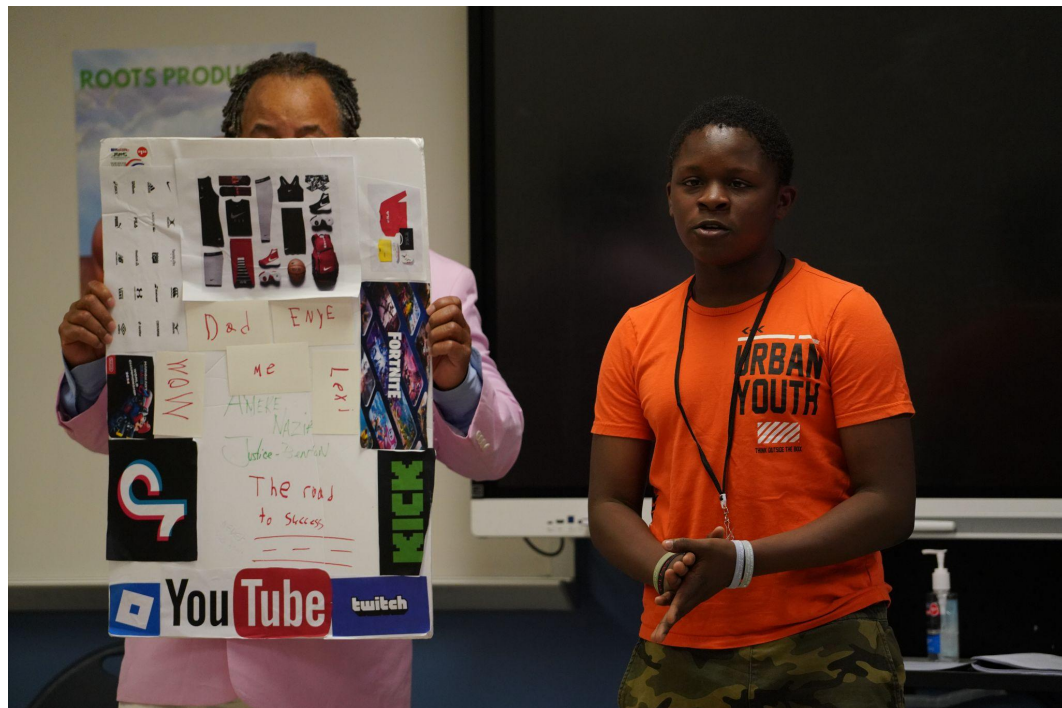
CEO Newsome father stated this affirmation / Destiny presentation that his daughter did makes him be a greater father so his daughter can achieve her dreams .

CEO Robinson mother stated how her daughter amazed her and makes her better best mom possible so her daughter can achieve her dreams . Thank You ROOTS for pouring into my daughter .

CEO Hill mother stated how proud of her son she was seeing him present to all of these people . She also said CEO Hill has grown I our CEO module stating that this program showed him the pitfalls that he needed to be careful not to fall in . He said mom I have to protect my CAR.







Thank you

