

HOLISTREE

Fulcrum Program

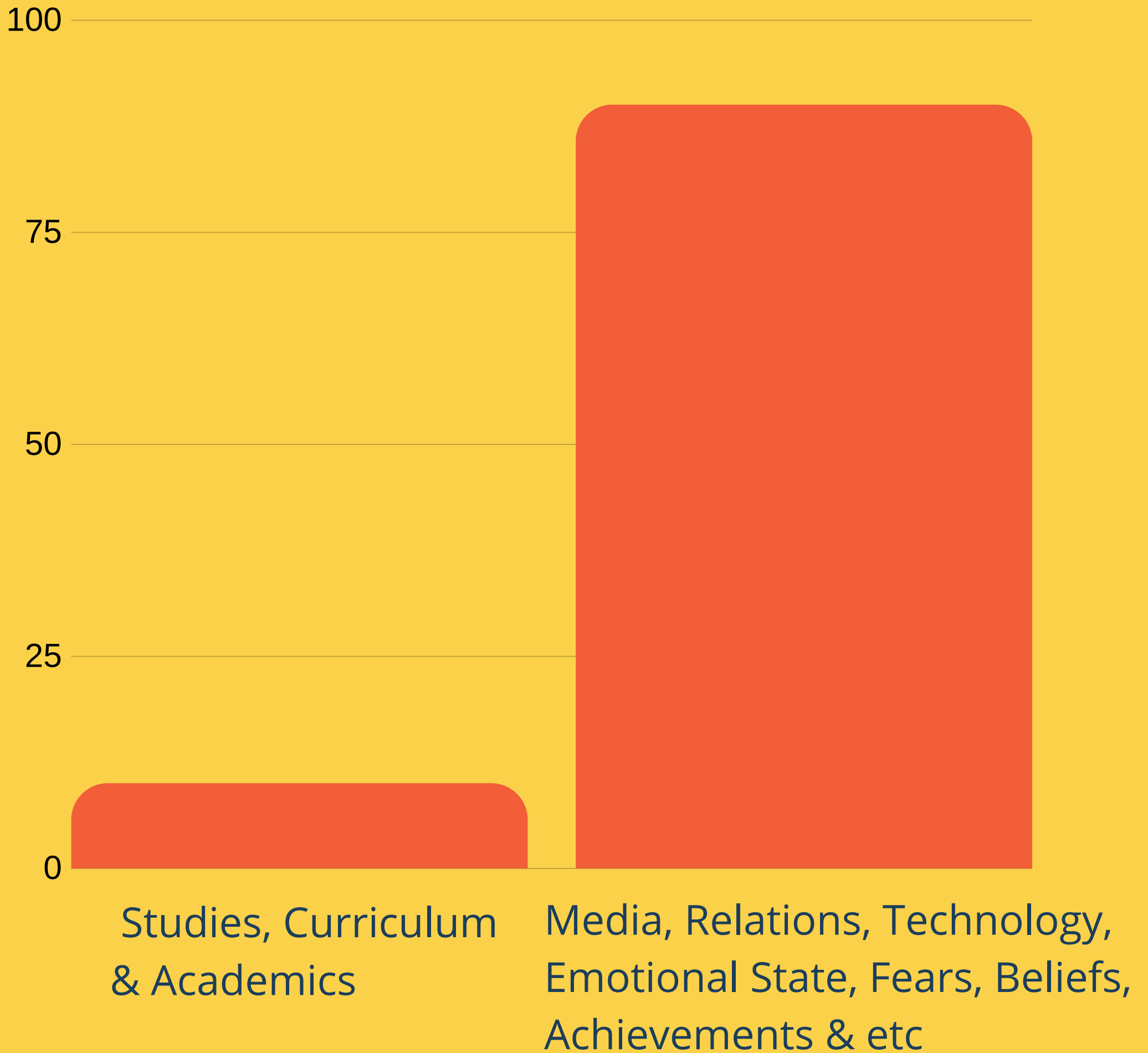
A UNIQUE TEEN/YOUNG ADULT
SUPPORT SYSTEM



Entering “teen-age” brings about various challenges and changes in an individuals life:



Research data shows what impacts an individual life in totality:



With continuous bombarding of information from Media, Internet, Friends, Society and Social Platforms



We need to keep a tab of how one is taking in the information, thinking & becoming. That's a persons present & future.

Random behavior Spikes

Over-talking

Suppression

Aggression

Anxiety

Isolation

Fears



These emotional & behavioural aspects need to be worked upon at the right age of development, which has direct impact on Career & Personal Areas.



A teen/young adult may or may not be able to accept, acknowledge and deal with them in a positive manner.

Human brain fully develops by approximate age of 24 years. The time spent during “teen-age” is extremely crucial in the development of their personality, mindset, thought process, skillsets.



The quality of their future largely depends on the actions, experiences, decisions & time they invest into, during their teen age years.

Thus it's clearly evident that working on **Life Skills & Areas of Concerns** are far more important in shaping their life & future, than studies.

We often rely on the **Outside World** to teach these aspects; both Personal & Professional front.



But, is this method reliable in today's world?

**These 5 skills are the foundation to a happy,
explorative & successful life:**



**Communication
Skills**



**Emotional
Agility**



**Decision
Making**



**Creativity
Thinking**



**Team
Work**

**Fulcrum Program is a
Holistic & Unique Support System
that works on 3 important aspects:-**

**Career
Development**

Understanding
your journey

Personality & skill
based tests

In-depth Research
& Planning

Vision Building &
Real picture of
profession

3 years Career
Support

**Areas of
Concern**

Identity
Formation

Self Acceptance

Overcoming
Failures, Fears &
Habits

Family / Social
Structure

Relationship
Building

Virtual World &
Peer Pressure

**Skillset
Building**

Communication
Skills

Emotional
Awareness

Decision Making

Creative Thinking

Team Work

**"If everyone is eating burgers & fries while
you're having salad, it's easy to lose your
Willpower" - Bob Harper**



**You need a good Support System
when you're trying to make
Healthy Changes in life.**

Get in touch with us for details
THE FULCRUM PROGRAM

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