



OVERVIEW OF INNERSTATE1

This document describes how to improve students' abilities to cope and function effectively in social situations, using the InnerState1 Program from Positive Energy and Pikes Peak Learning.



About InnerState1

“Promoting self-identification and social contribution in America’s youth.”

The Purpose of Innerstate1 is to help participants discover who they are and how they show up in the world. Throughout the program, participants learn the keys to achieving a life of fulfillment that will allow them to become contributing members of society, both personally and professionally. Designed for classroom training for public and private schools, for teens 14-19 years of age. Innerstate1 is recommended for a classroom, group setting, and is also available for one-on-one coaching with a mentor or counselor.

The InnerState1 Vision

The long term goal for the InnerState1 Program is to create a global shift in the way teens think about themselves in relationship to the world around them, to move their focus from being self-centered to world centered, to inspire them to, as Gandhi stated, ‘be the change they wish to see in the world.’ In order to be that change, they must first identify who they are at the innermost levels of their being and define what needs changing there first. We believe this mission must be carried out at a grass roots level by parents, counselors, administrators, teachers, and concerned community members. That is why the InnerState1 material is written in a simple fashion, so that anyone who honestly desires to create positive change in the life of teens can use the program.



Measuring Outcomes

96% of participant evaluations, both male and female, report improvements in the following areas... peer relationships, adult relationships, anger management, fear management, self-awareness, and anxiety about the future.



A group of 10th and 11th grade ‘at risk’ (which we prefer to call ‘parentally under-served’) female students at Bentonville (AR) High School were asked to write an essay about why they attend InnerState1 during their seminar period. The following excerpts were taken directly from those essays.

“You ask me why I come to interstate every time? Because it help me know me. My self esteem rose and it gave me great friends to fall back on.”

“... and most of all they taught me how to deal with life and my anger, which by the way is really bad. But, ever since I started going to interstate1 I have thought about life differently. That is why I come to Innerstate1 to help me with my personal problems and many more.”

“Before I came here I was a really angry person and had a lot of stress. When we went through the anger lesson it really taught me how to control my anger and to look the other way before I did something stupid. Well in conclusion this class is a really good class and really does help this is why I come to interstate one.”

“Interstate finds ways to work with us and help us find ways to work around our problems and create a better life. I come to interstate 1 because I better myself with the help of my fellow teens... I come because it’s a choice. I like it and I have fun and I learn a lot about myself and others.”

“I come to Innerstate one, because I have a lot of problems in my life right now and Innerstate one helps me sort them out and helps me control my anger.”

“Innerstate1 makes me have a different view on a lot of things. Which is very good because it makes me think about a lot of things before I do something that I might regret. When I go there, I really learn some new things. And honestly I know it will help me later on in life. This class has really helped me out with majority of my problems and it has helped me deal with the past and makes me look forward to what’s going on now and to the future. Honestly, without Innerstate1 I would honestly be dead or in severe trouble.”



Benefits of INNERSTATE 1 Training:

- To the student
 - Increased self-esteem
 - Ownership for decision-making process
 - Ability to influence others in a positive way
 - Individual plan for student's future

- To the student's peers
 - Widespread acceptance of diversity among peers
 - Ethical leadership
 - Potential mentor/coach

- To the student's community
 - Responsible student action within the community
 - Increased student participation within the community
 - Higher ethical standards within the community
 - More Positive role models for younger members of the community

InnerState1 Delivery

InnerState1 is provided as a series of interactive, experiential modules designed to be used in a classroom or small group setting. Covering twelve of the key interpersonal challenges that teens face – such as confidence, communication, anger, values, and approval – the program provides teens the opportunity to constructively face these challenges in a controlled, caring environment. Teachers, counselors, and other adults are provided a corresponding series of facilitator guides to show when, where, and how to lead teens through these constructive exercises and practice the “soft skills” so critical for success in today’s high-stress world.

Positive Energy and Pikes Peak Learning provide training for facilitators, an extensive set of online guidelines, evaluation surveys, ongoing support, and access to an experienced program consultant throughout the process.

Overview of InnerState1 Modules



Preparing for the Journey: The Power in Choice - This course supposes that choice is the foundation for empowerment. The goal here is to help participants recognize and embrace the fact that they always have a choice. Understanding this concept creates an infinite source of power for change within them. We all know that good things and bad things happen in life... to every person. Teaching participants to choose their reaction to each situation helps them understand that they have the power to determine how satisfied or dissatisfied they are with their lives.

Preparing for the Journey: The Power in the Present - The premise behind this chapter is that worry cannot exist in the present. By helping them move from the past or future into the PRESENT, this unit allows participants to recognize how much of their time is spent on unproductive worry and how that time can be used for better things.

The Power in Values - The goal for participants in this Pit Stop is to choose 3-5 core values that they can truly embrace in their lives and to show how these values steer them in their decisions, choices, actions, and ultimately, their entire journey...

The Power in Approval - Participants explore approval from two angles: 1. What does someone have to do to GET their approval? 2. What do they require of themselves to get their OWN approval? The purpose here is for participants to recognize the power that approval can hold in their lives and to formulate healthy ways in which to deal with this power.

The Power in Self-Appreciation - This pit stop is intended to help participants learn multiple ways to accept and appreciate who they are. It also contains specific tools to address feelings of self-doubt.

The Power in Natural Abilities - In order for participants to live a purposeful life, it is crucial for them to discover what part they play in making the world a better place. The goal of this pit stop is for participants to identify their natural abilities and discover ways to use these abilities to contribute to the world in positive ways.

The Power in Self-Care - The goal of this unit is for participants to identify what drains them of their energy and what restores them with energy. Helping the participants find ways to truly take care of their physical, mental, emotional, and soulful selves gives them back the "fuel" they need to keep going on their individual paths and the tools to manage stress more effectively.

The Power in Anger - Anger is one of the most powerful emotions human beings have, and often, anger runs deep. The purpose of this unit is to help participants see that not only can anger keep them from moving forward, but also it can give them tremendous power for positive change in their lives.



The Power in Fear - In life, fear is often an obstacle. It can even be an excuse keeping us from moving forward. This lesson guides participants toward the idea that fear is a choice and that whether they are scared of something or not, is secondary. What they are willing to do in spite of their fear is what makes them great.

The Power in Relationships - This pit stop helps students identify two kinds of relationships: those they choose (friends/boyfriend/girlfriends) and those that choose them (parents/siblings/teachers). It also shows participants that there is power in their connection to other people and that their relationships are a part of who they are. The key take away: participants need to be the kind of person they want in their lives.

The Power in the Future - In this final pit stop on their trip, participants ask themselves, “What do I want out of my life?” and “What are my ultimate hopes and dreams?” By reflecting on what they have learned at the previous pit stops, participants begin to identify what they want from their lives. The idea is for participants to realize that they need to make choices that move them towards their goals and to help them determine if they are truly traveling on the path that is right for them.

The Power in ME - This exercise concludes Innerstate1 by asking participants to record on a map all of the key concepts that they have learned in the program. Once completed, participants will literally have “a map of the road within.” The idea here is to leave participants with a visual compilation of everything they have learned so that they may refer to it as their individual journeys continue.



About Positive Energy, LLC

Our mission is to define, inspire, and perpetuate purpose in ourselves and our participants.

Positive Energy, LLC is a life skill company creating and offering tools for life skill development starting with kindergarten and continuing through young adults. Positive Energy, LLC provides children of all ages the opportunity to discover who they are and how they uniquely contribute to the world of which they are a part. They provide coaching, mentoring, counseling, weekend retreats, training, and onsite workshops for children, ‘tweens’, teens, and the adults who love them.



About Pikes Peak Learning

The Pikes Peak Learning Company is a national developer of state-of-the-art educational

courses, methods, and delivery systems. We help young people and adults increase achievement, build knowledge, and create personal success. Our mission is to prepare youth and families for the challenges and opportunities of the real world. As an “educational integrator,” we bring together leading edge technology, content, assessment systems, curriculum, professional development, instructional methods, and user interaction to create in-depth on line courses and powerful delivery platforms.