



Map the Road Within

Dear InnerState1 Facilitator,

I want to make it my very first priority to thank you for taking time to make a difference in the life of teenagers. Those of us that find our heart's work with this population know well how rewarding and challenging it is. It seems that people either admire us or think us crazy for doing what we do. As teachers, administrators, coaches, social workers, counselors, youth ministers, parents, and volunteers, we have amazing opportunities to transform individual lives and therefore the social structure of the world by working with kids and young adults. I believe all teenagers are creative, passionate, and hungry for change. They simply need to know themselves better and learn how to remove the obstacles in their paths. When you look into the eyes of your InnerState1 participants, see the fantastic people they are *beneath* the pressures of school, work, family, and society. Assume each of them is desperately looking for answers to the question, "Who am I?" See beyond their individual attitudes, behaviors, and symptoms. See the potential for greatness in each of them, and they will see it in themselves.

Facilitator Approach:

I have often been asked to speak to and/or coach adults about how they might better relate to teenagers. My advice is simple. Treat a teenager as you wanted to be treated and help them develop options. Live by two themes when facilitating InnerState1, 'Expect the unexpected.' and "Respect the disrespected.' People often get so frustrated with teenagers, they treat them very disrespectfully. Nothing will shut a teenager down faster than treating them poorly. Even when you disagree with one's behaviors, verbals, nonverbals, or attitude, approach him/her with a tone of respectfulness. I promise it will make a difference! You will be able to show them respect right off the bat with InnerState1 because of the approach you are going to take as the facilitator. When facilitating InnerState1, your mantra should be... *I'm not here to tell you what to think... but to teach you HOW to think for yourself. So that no matter what situation you find yourself in... you can make the best of it and become who you want to be.*

The Answers:

The answers lie within each student and it is your privilege as the facilitator to help draw those answers out. The InnerState1 discussion questions, exercises and personal explorations are created to help participants expand their current way of thinking and recognize new alternatives. Possible answers to the discussion questions and notes that appear in your Facilitator's Edition are underlined. You will also notice text boxes along the way that offer suggestions. These are provided to help you guide the discussion. You'll be amazed at the answers the students themselves will supply! And don't be shocked. They

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Movie clips are a great way to break the ice and lighten the mood. If you like to use movie clips, there is a great scene in the Disney movie, *The Kid*, with Bruce Willis (Chapter 8, 'Reality Confirmed'). His ten year-old and forty-year old selves are talking about how life turned out.

Finishing Up:

The InnerState1 Map is the final leg of the journey. To finalize the map, the participants will go back to each individual lesson and retrieve the information. The appropriate page numbers are listed in their workbooks on page 73. This is a great time to review what they've learned about themselves and ask them to share some of their favorite and/or most interesting discoveries. This map is intended to serve as a summary and quick reference for the life lessons they have learned during the course of InnerState1. Bring colors, paints, pencils, etc., on this day of the program and encourage them to add color and whatever personal affects they want.

I also like to hand out the letters I asked them to write from their 30 year-old selves. Have them read them again. Ask them questions like...

- ↳ "Has anything changed since you wrote the letter? " "If so, what?"
- ↳ "Do you have a clearer picture about how to make this a reality?"
- ↳ "If so, what will you do differently than you are doing right now?"
- ↳ "What will you do the same?"

Participant Evaluation Forms:

In the back of each workbook (yours included) is an evaluation sheet the participants can complete for the program. I encourage you to use these forms at the end to obtain feedback. This information can help you evaluate the effectiveness, identify new outlets, and solicit dollars for future InnerState1 programs. There is also a teacher/counselor evaluation form included in your Facilitator Edition. I subcontract InnerState1 for public schools, so this form is useful in getting feedback from the student's administrators regarding his or her development during the program. This helps identify positive changes in a student and secure more InnerState1 programs for the future!

Thanks for choosing InnerState1. I hope this journey is enlightening and fulfilling for both you and your participants! I invite you to log on to www.innerstate1.com and go to the facilitator page to share your stories, or email me at amy@speakonpurpose.com. I would love to hear what you think about the program, and I invite your input for future development.

Have a great Road Trip!
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