



A Very Exciting Coaching Program Especially for High Schoolers

**EMOMASTERS®: Youth Success and Mastery Coaching: Helping Youth
Face Change with Confidence**

Why This Matters

High school comes with constant changes—yet for many young people, it feels overwhelming and unsafe. Our nervous system often triggers a **false danger alarm**, leading students to abandon growth opportunities and stay stuck in negative thought loops. If left unchecked, it will interfere with their ability to learn well and cause them to do things that can get them into trouble.

- Statistics show that youth today face **rising anxiety, depression, and hopelessness**.
 - Many feel stuck in patterns of negative self-talk and behave as if they “know it all.”
 - Empowering them with simple, science-based tools changes not only their confidence but also their relationships, learning, and future success.
-

How Success and Master Coaching Can Help

This program equips participants with **practical tools** rooted in neuroscience and emotional mastery. Using **PROVEN** strategies, we demonstrate how to **rewire the brain for confidence, safety, and resilience**. Participants will experience interactive exercises (such as “flipping ANTs—Automatic Negative Thoughts”) and leave with ready-to-use success strategies for school, home, and beyond.

The Process and Learning Outcomes

THE PROCESS

I will meet with your child once a week for 16 weeks.

By combining **scientific insights with engaging, real-life activities**, this coaching program, participants will:



1. Discover their personal learning style and how to apply it to learn any content faster and easier
 2. Understand how the nervous system and neuroplasticity impact emotions and behavior.
 3. Recognize the “false alarm” response and reframe it as an opportunity for growth.
 4. Use strengths-based activities and creativity as tools for self-regulation and empowerment.
 5. Stand up for themselves and get respect without having to fight for it.
 6. Resist the temptation of their peers
 7. Apply 3 quick PROVEN strategies to help youth feel more confident, connected, and capable so they can learn well and succeed.
-

YOUR INVESTMENT

I normally would expect \$1500 a for a life transformational program like this, but because you are someone who has chosen to take on the responsibility of raising SMART, successful, and responsible young people, I am willing to except less. How much are you willing to invest in this program?

Contact Me Now to Reserve Your Spot because I only have 2 spaces left and I’m sending this to 20 success-oriented parents.



Contact

Selina Joy Jackson, MA

Facilitator of creative forward thinking results

Founder, The Achievement Group, Inc.



San Ramon, CA



714-309-4824



selina@theachievementgroup.org

✨ **SUCCESS STORIES: “Hear it straight from the source—kids and adults themselves!”**