

# EMERGING ADULTS

## GROUP ONLINE EMOTIONAL HEALTH CLASS

Does adulthood feel more overwhelming than exciting?

The transition into adulthood is one of the most emotionally challenging stages of life. In this 4-week summer course, emerging adults will learn how to:

- ➔ Process their emotions independently  
Regulate stress and anxiety
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- ➔ Understand how thoughts shape feelings, actions and results
- ➔ Make wise decisions
- ➔ Resolve conflict with others
- ➔ Recognize how phones and social media influence mood, confidence, and perception
- ➔ Navigate Impulse/Urge Control & Healthy Habits
- ➔ Improve time management
- ➔ Strengthen relationships and communication
- ➔ Dating smarter

### Aspire Emerging Adults Emotional Health Group

Coaching Ages 18-24

\$239 Includes:

- 8 classes (1.5 hrs.) over 4 weeks
- Printable workbook
- Personalized Open Coaching
- Post class -follow up offers

Mondays and Wednesdays

August 3, 5, 10, 12, 17, 19, 24, & 26th

8 PM – 9:30 PM

\*Recordings are available for 2 weeks after classes end.

Aspire is designed to help emerging adults gain the emotional skills, confidence, and self-awareness needed to thrive in relationships, work, personal growth, and everyday life. See class description on next page.

What it is:

A skills-based class focused on emotional awareness, personal responsibility, and practical tools for navigating challenges.

What it is not:

This is not therapy, counseling, or crisis support, but a coaching space designed to teach and practice emotional skills.

**Aspire Emerging Adult Edition is an online emotional health coaching course created to help age 18-24 year olds develop confidence, emotional resilience, healthy communication skills, and practical tools for navigating real-life challenges.**

**This live Zoom course begins daily at 8 PM and follows an engaging discussion-based format where teens are encouraged to reflect, participate, and apply emotional health tools to their own lives in a supportive environment.**

**Each class includes:**

- **A daily emotional health practice**
- **"Five for Success" mindset and growth discussions**
- **Real conversations about emotions, stress, relationships, habits, and personal growth**
- **2-3 emotional health tools taught and practiced each day**
- **Goal setting, planning, and personal strategy development**
- **Opportunities for open coaching and guided discussion**
- **A downloadable workbook included with the course**

## **Topics Covered**

**Students will explore tools and discussions related to:**

- Emotional regulation**
  - Anxiety and stress management**
  - Conflict resolution**
  - Confidence and self-worth**
  - Healthy communication**
  - Strengthening relationships**
  - Goal setting and creating a strong future vision**
  - Building healthy habits and impulse control**
  - Understanding urges and learning healthy coping strategies**
- Certain topics such as pornography and masturbation may be acknowledged within discussions about unhealthy habits and impulse control; however, these topics will not be explained graphically or discussed in explicit detail. The focus of the course remains emotional health, self-awareness, personal responsibility, and building healthy patterns for life.**

## **Class Format**

**Live online Zoom course**

**Approximately 1 hour long**

**Additional optional time may be available for coaching practice and discussion**

**Students may answer questions, participate in polls, and engage in group learning activities**

**During coaching practice, students will not see one another on screen, though they may participate together in guided exercises with the teacher**

**Enrollment includes access to a downloadable 20-page workbook designed to reinforce the lessons and tools taught throughout the course. Workbooks may be printed after registration and payment are completed.**

### **Recordings Available**

**Each session will be recorded for students who are unable to attend live or who wish to review the material later.**

### **Continuing Student Benefits**

**Students who enroll in future Aspire Strong Minds courses will receive 15% off their next course registration.**