



P.A.C.E. CROWN

A 12-WEEK PROGRAM

*DESIGNED TO UNLOCK, UNRAVEL AND
UNLEASH THE MINDSET OF INDIVIDUALS
THAT MAYBE STUCK, DEALING WITH FEAR,
OR HAVE LIMITED BELIEFS AND NEED A
CLEAR PLAN OF ACTION.*

P.A.C.E Program in partnership with Brunswick Housing Authority



Are you prepared to do the inner work and build the foundation for your best self, career and life?

P.A.C.E

Personal Development. Accountability, Confidence, Enrichment

The purpose of P.A.C.E. is to provide individualized support and services to help build, empower and encourage independent living skills, for individuals ages 16-42 that will include Personal Care, money management, safety, community resources, conflict resolution, decision making skills, life skills, resume building, personal development, advocacy and entrepreneurship. Also to build partnerships for higher learning.

In these 12 weeks, the participants will be setting themselves up for success by making a commitment to doing the necessary inner work, given the tools needed to assess the following information below.

- ◆ Where am I now?
- ◆ Identifying existing skills/qualifications
- ◆ Identifying strengths
- ◆ Identifying weaknesses
- ◆ Where do I want to go?
- ◆ Identifying short-term goals
- ◆ Identifying long-term (future) goals

This is an experiential journey where students will be coached through each week, with an international confidence and mindset coach, who has been empowering women for 10+ years to shift from surviving, to thriving in their careers and lives.

We're confident that you will be no exception!



WEEK #	TITLE	OBJECTIVE	PURPOSE
Week 1	Goal Setting	<ul style="list-style-type: none"> • SMART Goals • Acknowledge your WHY • Recognize your goals • Identify what has been hindering your growth • Recognize your expectations • Terminate - Elevate - Motivate • You will have knowledge on resources that will help you with your personalized success plan 	<p>Setting goals gives you long-term vision and short-term motivation.</p> <p>It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the most of your life.</p> <p>So clarity is key! You must be able to clearly identify what you want, eliminate any distractions or negativity and implement the strategy.</p>
Week 2	Commitment	<p>Commitment helps you stick to your goals during the good times and the bad times – when barriers get in the way.</p> <p>Committed people have a good self-concept, strong self-esteem, and a balance between what they want with what they're capable of. If you are more committed to yourself, you will be more concerned about the environment and the world.</p>	<p>You would have learned:</p> <p>Goal commitment is the degree of determination a person uses to achieve an accepted goal, and there are two main factors that determine it: importance and self-efficacy. The reasons a person has for attaining a goal, including expecting certain outcomes, comprise importance.</p>
Week 3	Conflict Resolution: Plan ahead and talk it through	<p>Conflict resolution is a way for two or more parties to find a peaceful solution to a disagreement among them. The disagreement may be personal, financial, or emotional. When a dispute arises, often the best course of action is negotiation to resolve the disagreement. People deal with conflict in a variety of ways, therefore they need different conflict resolution strategies. there are five major styles of conflict management—collaborating, competing, avoiding, accommodating, and compromising.</p>	<p>You would have learned how to:</p> <ul style="list-style-type: none"> • Talk directly. Assuming that there is no threat of physical violence, talk directly to the person with whom you have the problem. • Choose a good time. • Plan ahead. • Don't blame or name-call. • Give information. • Listen. • Show that you are listening. • Talk it all through.

WEEK #	TITLE	OBJECTIVE	PURPOSE
Week 4	Budgeting/ Independent Living	<ul style="list-style-type: none"> • Step 1: Set Realistic Goals. Goals for your money will help you make smart spending choices. • Step 2: Separate Needs and Wants • Step 3: Identify Your Income and Expenses <p>These steps include, but not limited to:</p> <ul style="list-style-type: none"> • Unlearning Abusive Behaviors • Personal Care • Physical Activity • Laundry • Money Management • Time Management • Building Personal Relationships • Home Ownership goals and preparation 	<p>Some independent living skills are difficult for people with severe learning and thinking differences. So we come in and simplify the process and embrace them where they are.</p> <p>Taking part in activities to stay physically fit, such as joining a community team or just taking a daily walk.</p> <p>Understanding the dangers of smoking, drugs, alcohol, unprotected sex, and abusive behaviors.</p> <p>Knowing when to seek medical care and how and when to take medication.</p> <p>Trouble with personal care can have a big impact on social and work relationships. That's why it's important to regularly engage shopping for personal care items when living on your own. This can help you understand how much things cost and how often they need to be replaced.</p>
Week 5	Resilience: Recognize Threats and Opportunities	<p>Resilience is the process and outcome of successfully adapting to difficult or challenging life experiences, especially through mental, emotional, and behavioral flexibility and adjustment to external and internal demands. Resilience is made up of five pillars: self-awareness, mindfulness, self-care, positive relationships and purpose.</p>	<p>You would have:</p> <ul style="list-style-type: none"> • Learn to relax • Practice thought awareness • Edit your outlook • Learn from your mistakes and failures • Choose your response • Maintain perspective • Set yourself some goals • Build your self-confidence

WEEK #	TITLE	OBJECTIVE	PURPOSE
Week 6	Affirmation		
Week 7	Emotional Intelligence	Emotional intelligence is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict.	<p>You would have learned:</p> <ul style="list-style-type: none"> • Self-awareness • Self-regulation • Motivation • Empathy • Social skills
Week 8	Boundaries	Personal boundaries or the act of setting boundaries is a life skill that has been popularized by self help authors and support groups since the mid 1980s. It is the practice of openly communicating and asserting personal values as way to preserve and protect against having them compromised or violated.	<p>You would have learned:</p> <p>Defining and expressing their boundaries means respecting their needs, emotions, thoughts and asserting them to others in order for them to be in peace and balance when relating to others.</p> <p>Self-Awareness about their Core Values. Their boundaries are essentially an expression of their core values.</p>
Week 9	Entrepreneurship	<p>The best example of entrepreneurship is the starting of a new business venture. The entrepreneurs are often known as a source of new ideas or innovators, and bring new ideas in the market by replacing old with a new invention.</p> <p>What are the skills of entrepreneur?</p> <ul style="list-style-type: none"> • 5 Skills Entrepreneurs Need. • Understanding the Skills. • Communication. • Sales. • Focus. • Ability to Learn. • Business Strategy. • Education and Career Outlook. 	<p>Entrepreneurial culture can be described as an environment where someone is motivated to innovate, create and take risks.</p> <p>In a developing business, an entrepreneurial culture means that employees are encouraged to brainstorm new ideas or products. When self time is dedicated to these activities, it is called entrepreneurship</p>

WEEK #	TITLE	OBJECTIVE	PURPOSE
Week 10	Resume Building + CNA Training		<p>It's a statement that includes their skills, abilities, experience, and what qualifies them for the position. Experience so with PACE we come together collectively to create a solid resume based on the clients specific goals and experience</p> <p>GED Prep, BLS and CPR Certification, and CNA Training</p>
Week 11	Course Overview		<p>What did you learn? How did you retain the information?</p>
Week 12	Graduation		<p>Each participant will receive a t-shirt, workbook and success bag.</p> <p>For those that qualify for business, you will have your company incorporated, and to keep everyone safe we have included Pandemic PPE.</p> <p>At the end of the session, you will be invited to an outing event and will receive certificates upon completion.</p>

When this 12 weeks is complete, each person will have learned strategies and frameworks for personal growth, goal setting, and self improvement. Also, they will know how to manage personal finances, deliver effective speeches, make ethical decisions, and think more creatively - while being consistent and confident

*If qualified, they will also have a business plan and an incorporated entity.

CAREER PATHWAY

CREATE CONFIDENCE

Your outward success is an expression of inward growth.

Unknown Quote

SHIFTING YOUR MINDSET

This is what sets your soul on fire and has already transformed your life

HOW CAN YOU HELP

Creating the right atmosphere can shift you into the right place

WHAT YOU WANT/NEED

Developing your core values is most important

COMMITTING TO PROMISES

This is how you achieve your greatest success

TAKING ACTION

Writing out what you would do and executing

Included: GED Prep, BLS and CPR Certification, and CNA Training