



 I Pour Life™

**LifeStrengths**  
At-Risk Youth  
Development

# Youth Development

LifeStrengths is a necessary piece in the Integrated Model of Service Delivery focusing on providing Development to at-risk youth.

## **Relief**

Provides immediate resources to youth in crisis: Food, Shelter, Safety, Clothing.

## **Rehabilitation**

Transitional services that get a youth back on their feet and stabilized: Transitional Housing, Therapy, Case Management.

## **Development**

Mindset development advancing youth beyond survival and creating self-determined growth for sustainability: Life Coaching, Degree Attainment, Career Development.



## **LifeStrengths**

An evidence-based, 1-on-1 life coaching model for at-risk youth utilizing a specialized curriculum that promotes future focused thinking in a positive youth development setting and builds social capital.





# LifeStrengths Development Approach



## **1-on-1 Coaching**

A personalized approach, each youth gets a LifeCoach.



## **Positive Youth Development**

Strengths-based, focused on championing their potential.



## **Specialized Curriculum**

Guided discussion and activities and goal based.



## **On-Going**

No aging out, with on-going development opportunities.



# Outcomes

5 years of LifeStrengths positive youth development learning.

## **Workforce Readiness**

Employment and retention are critical for stability during life crisis.

## **Education Progress**

Gaining a high school degree or equivalent is important in breaking the cycle of poverty.

## **Social Capital**

Having stable, positive relationships opens the door to advancement and sustainable self-sufficiency.





**Emma**

## **A LifeStrengths Youth**

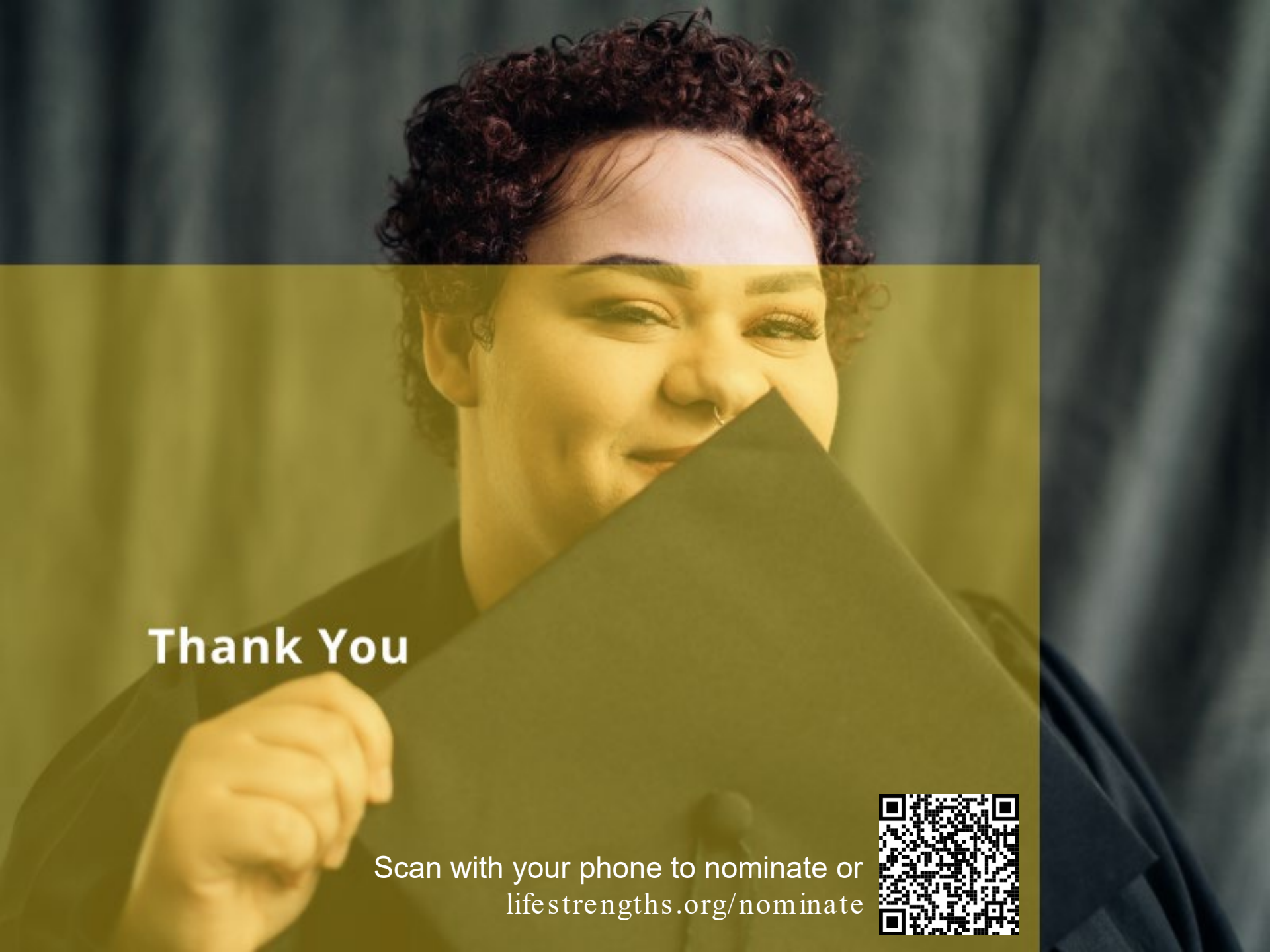
"I decided to come to I Pour Life because I know that I'm so much more than a foster kid, a nobody. I am somebody and want to make a difference. My favorite thing about having a life coach is how positive they are. They're just there for you."



## Contact Us

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**Thank You**

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