Schedule a THRIVE workshop today!

Target life skills

Focus on the four Hs - head, heart, hands & health

Build relationships

Create space for inquiry

Elevate youth voice

Help youth find ways to engage and use these skills in real world situations

4-H has been helping youth thrive for over 100 years! Through experiential learning activities we deliver high quality programs framed in a positive youth development context. Let us work with your middle and high school students to intentionally focus on the development of critical life skills/transferable skills.

PARTICIPANTS WILL GAIN transferable skills, such as:

- Teambuilding
- Leadership
- Communication
- Goal-Setting
- Problem-Solving
- Critical Thinking
- And more!

Contact: Lauren Traister
4-H Teen & Leadership Program Coordinator
lauren.traister@uvm.edu
802-888-4972 x 402