

## Schedule a THRIVE workshop today!

arget life skills

Focus on the four **s** - head, heart, hands & health

Build Relationships

Create space for nquiry

Elevate youth **V** oice



Help youth find ways to end 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

Issued in furtherance of Cooperative Extension work, Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture. University of Vermont Extension, Burlington, Vermont. University of Vermont Extension, and U.S. Department of Agriculture, cooperating, offer education and employment to everyone without regard to race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or familial status. Any reference to commercial products, trade names, or brand names is for information only, and no endorsement or approval is intended.