



“Power with Purpose” Overview

Empowerment Speaker and Goal strategist, Nancy Nordstrom, developed “Power with Purpose” as a means to empower children to positively participate in and transform the world around them. Through her insightful classroom presentations, children in grades 4 through 12 learn they have the ability to improve their situation when they use their “powers” wisely.

“Power with Purpose” is presented through a fun, interactive dialogue that includes humor, role-playing, and class participation. Ms. Nordstrom connects with her audience and gets her message across without the use of scare tactics or intimidation. Her more constructive approach enables students to retain the insights shared while feeling empowered to make better choices. This presentation compliments many of the character building/prevention programs currently in schools, yet offers a new face and a fresh approach to encourage positive outcomes.

The word “power” promotes active listening. Adolescents look to define their identity, wanting more control at a time when so many have control over them (peers, teachers, parents, employers). Through the “Power with Purpose” presentation, tweens and teens discover that the power of *thinking through the process first* increases the possibility of getting their desired outcome.

The three powers discussed are the power of words, choices, and perception; for high school students, the power of setting goals is included. Presentations are tailored to each grade level. The following is a brief overview.

First, through relatable situations, children see how their words affect their self-esteem and their interactions with others. This includes self-derogatory thoughts, verbal bullying of others, and talking back to authority figures. Children discover that their word choices have an immediate as well as a future effect on the actions that follow. The benefits of positive word choices are highlighted in a fun manner that is easily related to by the students. Although these lessons have been taught since pre-school, they are presented in a manner that promotes active listening and participation which encourages a better understanding of peer pressure and how best to handle it.

The next topic is the “power of choice” which is a great opportunity to introduce prevention issues regarding smoking, drugs, alcohol, etc. (Nancy is certified in Basic Intervention Skills through the Maricopa County Tobacco Use Prevention Program). At this time, children learn that

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the choices they make today can have a lifetime affect and that all choices, good and bad, have consequences. They are encouraged to recognize the power that is gained in making wise choices and that it is never too late to start making better ones.

The majority of the presentation tends to highlight the first two “powers”. Last is the power of perception, which can be confusing, even for adults. However, the power of perception helps the student audience understand their place in the world around them. The dialogue on this power tends to be very enlightening and leaves room for later discussions. Perception ties the three powers together with the basic message: if you don’t like what you see, choose to change the way you see it!

For high school students, two additional topics are included in the presentation: communication (through the power of words) and goal setting (through the power of choice). Positive communication with adults is stressed, placing emphasis on understanding the adults in their lives, rather than expecting the adults to understand them. In reaching this understanding, teens and adults can experience more productive dialogues. In regard to goal setting, teens are encouraged to change their perception of goals as a means of creating their own future. Goals give teens an opportunity to create one of choice, rather than one that is planned and defined by others (peers, teachers, parents, coaches).

“Power with Purpose” offers youth an insightful look at how their words and actions affect the outcomes of what they are striving to attain. They are given realistic and effective tools that can be applied at home and at school. The presentation encourages a better understanding, a more cooperative attitude, and a conscientious approach in their everyday actions.

Available within “Power with Purpose” is a three to six-week, goal realization series for teens entitled, “The Power Project”. Along with a “how-to” guide and instruction from a goal strategist, small groups of teens in grades 10 through 12 meet weekly to set and define realistic goals. “The Power Project” is a valuable tool that enables struggling teens to develop a positive outlook. A better outlook encourages proactive thinking that results in making better choices.

Empowerment Speaker and Goal strategist, Nancy Nordstrom’s warm and sincere approach encourages open dialogue and active participation from her student audiences. With imagination, creativity, and a natural ability with children she draws audiences into a world where anything is possible with the right attitude and the right approach. She has presented “Power with Purpose” and “The Power Project” to tweens and teens throughout Arizona. These presentations are well received because Nancy connects with her audience in a humorous, yet realistic, and honest manner. This approach encourages participants to take what she says to heart and put it into practice.

“Power with Purpose” can also easily translate to the adult environment and is perfect for corporations, parent groups, and company “brown bag” lectures. To see a client list of organizations or to learn more about Nancy Nordstrom visit: www.NancyNordstrom.com or her parent company: www.Imagine-Nation.biz.

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