



Thrive Nation Vision, Mission & Coaching Ethos

Thrive Nation Vision

A world where young adults *thrive* with passion and accountability for their *strengths, wellness, community and future.*

Thrive Nation Mission

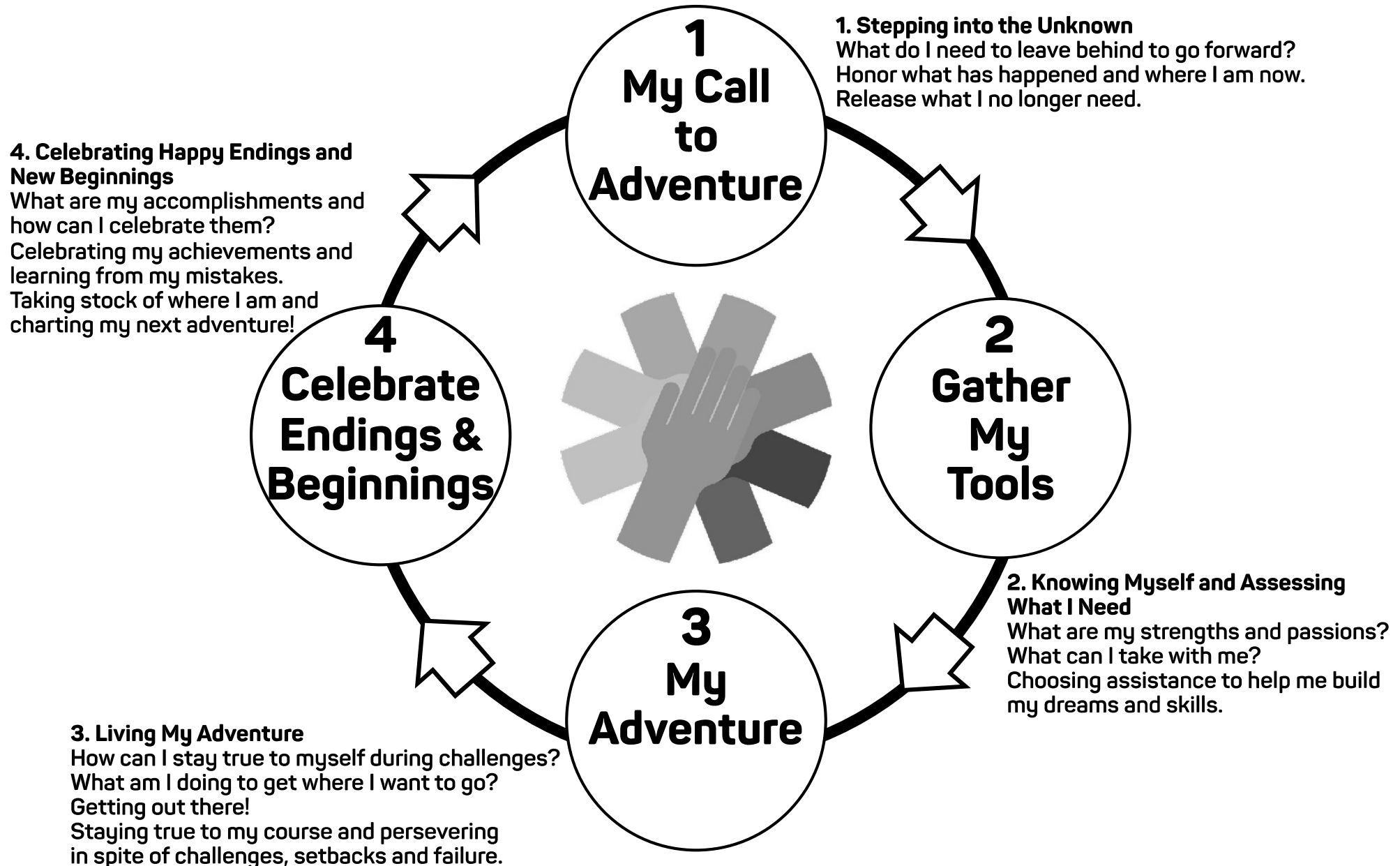
To help young adults *thrive* by facilitating *personalized, one-on-one coaching.*

Thrive Nation Coaching Ethos

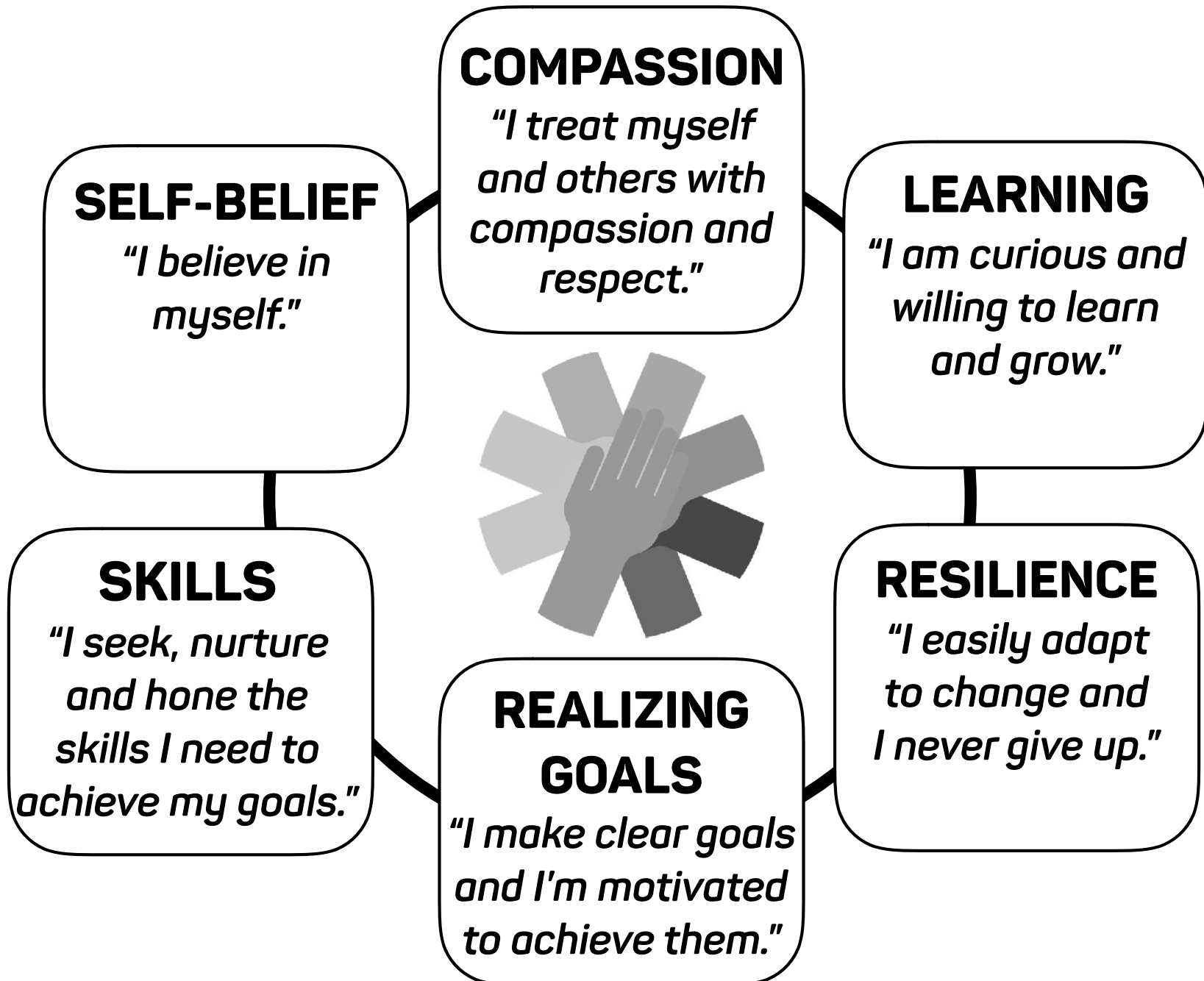
Partnership	Skills Mastery
'What's right with you?'	Self-Sufficiency
Strengths-Based	Thriving, Not Surviving
Autonomy Support	A Nation of Thrivers

Helping young adults thrive

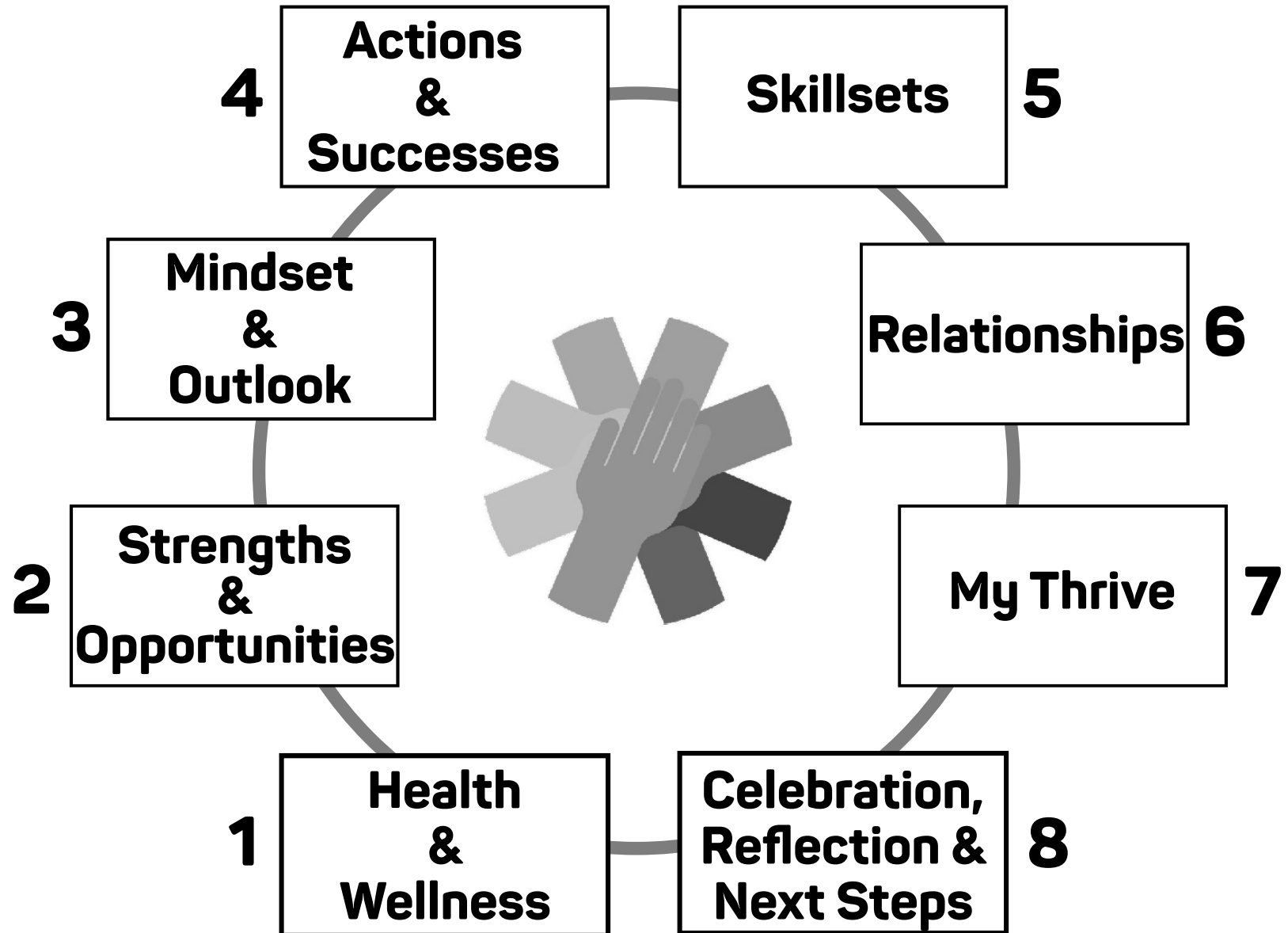
Thrive Nation Thrive Cycle



Thrivers Traits



Thrivers Competencies



Thriver Competencies

1	Health & Wellness	<ul style="list-style-type: none"> • Nutrition • Rest/sleep • Exercise 	<ul style="list-style-type: none"> • Digital hygiene/practice • Help (ask for) 	
2	Strengths & Opportunities	<ul style="list-style-type: none"> • Values • Strengths • Passions / interests 	<ul style="list-style-type: none"> • Opportunities (improvement) 	
3	Mindset & Outlook	<ul style="list-style-type: none"> • Mindset (growth vs. fixed) • Positive Psychology • Empathy 	<ul style="list-style-type: none"> • Gratitude 	
4	Actions & Successes	<ul style="list-style-type: none"> • Choices • Actions • Responsibility 	<ul style="list-style-type: none"> • Success (definition of) • Success (celebrate) 	
5	Skillsets	<ul style="list-style-type: none"> • Communication • Problem-solving • Decision-making 	<ul style="list-style-type: none"> • Goal-setting • Motivation • Time management 	<ul style="list-style-type: none"> • Resilience/grit • Feedback • Resources
6	Relationships	<ul style="list-style-type: none"> • Personal bias & prejudice • Diversity • Peer pressure 	<ul style="list-style-type: none"> • Heathy relationships (qualities) • Heathy relationships (skills) 	
7	My Thrive	<ul style="list-style-type: none"> • Thrive Path (define & select) • Internship/employment • Goals (action & review) 	<ul style="list-style-type: none"> • Portfolio (develop) • Mistakes/failure (reflects on) • Success (celebrates) 	
8	Celebration, Reflection & Next Steps	<ul style="list-style-type: none"> • Thrive Path/Strengths (review) • Service (develop/impact) • Choices/actions (evaluates) 	<ul style="list-style-type: none"> • Goals & Portfolio (review) • Mistakes/failure (reflect on) • Success (celebrate) 	