

Learning Across a Lifetime™

# Social-Emotional Learning



**Digital Learning Solutions** 





# How do I help?

Our youth face challenges. As they learn the vital connection between their thoughts and their outcomes, they will have the power to solve any problem!

Own It! is an online course that will give your child the tools they need to feel better, take action, and design the future of their dreams.



### How do I connect?

Youth want to connect, but don't always know how. Own IT! teaches the emotional skills that improve communication, and allow real connections to be made.

To increase meaningful connection, Own It! gives you and your teen a personal profile report—like a personal operating manual—to help you better understand each other.

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#### How do I enroll?

#### ACCESS CODE

Use this access code provided by your counselor or therapist. Your teen can begin a journey towards happiness and achievement by enrolling today at <a href="https://www.grandkeyed.com">www.grandkeyed.com</a>

# How **Own It!**™ Empowers Teens

Through an interactive and engaging, 10-module course, teens will:

- Learn that their thoughts create their outcomes
- Overcome negative self-talk and mental barriers
- Learn how to recognize and process their emotions
- Use goal-setting and visualization to achieve dreams
- Learn how to apply problemsolving strategies in their life
- Manage their emotions and share their feelings
- Develop empathy and understanding
- Discover how they learn and study best
- Identify their strengths and abilities
- Take responsibility for creating the future they want.



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**EdisonLearning, Inc.**One East Broward Blvd Suite 1599
Fort Lauderdale, Florida 33301

Corporate: 201-630-2600 Sales: 844-553-2766

www.edisonlearning.com

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