



KIDS, TEENS + SCHOOL PROGRAMS

Program Guide

Nervous system regulation.
Emotional awareness.
Communication.
Confidence.
Resilience.
Whole-person development.



HEALTHIER SKILLS FOR GROWING MINDS.



A DIFFERENT APPROACH

Our approach explores the connection between the mind, body, nervous system, emotions, behavior, relationships, and environment. Students learn how stress affects the body and brain, how automatic patterns develop, why certain situations can trigger stronger responses, and how greater self-awareness can create more choice.

Then we practice it.

Young people are often told what they should do: pay attention, calm down, make better choices, communicate, be confident, speak up, try harder.

Those things matter. But knowing what to do and having the internal capacity to do it in a difficult moment are not always the same thing.

Through age-appropriate education, nervous system regulation, breath and mindfulness practices, reflection, communication skills, and practical application, students are given tools they can use at school, at home, and in everyday life.

The goal is not to create perfectly calm students. The goal is to help young people understand themselves, build practical skills, and respond with greater awareness.



The Ledbetter Transformation Method was originally developed to help individuals understand the patterns, experiences, beliefs, behaviors, and nervous system responses influencing their lives. Our youth and school programs adapt those same principles in age-appropriate ways.

AS AWARENESS INCREASES, YOUNG PEOPLE GAIN CHOICE.

Students develop greater awareness of their stress responses, emotions, physical cues, communication patterns, relationships, boundaries, confidence, and self-trust.

Pause before reacting.

Instead of focusing exclusively on behavior, we look at the young person underneath the behavior.

Communicate what they need.

- Recognize stress before it becomes overwhelm.
- Understand patterns instead of judging themselves.
- Build confidence in their own voice and choices.
- Recognize patterns instead of repeating them.
- Bring a healthier version of themselves into the workplace.

CHOOSE THE RIGHT EXPERIENCE



MULTI-WEEK STUDENT PROGRAMS

A deeper experience delivered over several weeks, allowing students to learn, practice, and integrate skills over time rather than receiving information during a single presentation.

EDUCATOR, STAFF + PARENT PROGRAMMING

Wellness and education for the adults surrounding the student, including stress regulation, communication, boundaries, burnout prevention, and practical ways to reinforce the skills young people are learning.

STUDENT WORKSHOPS + SPECIAL EVENTS

Focused experiences designed around a specific need or topic. Workshops can introduce stress awareness, emotional regulation, confidence, communication, boundaries, breathwork, and practical coping tools.

**Not sure which fits your school or organization?
Start with a complimentary School Wellness Strategy Call.**

6-WEEK STUDENT WELLNESS PROGRAM



WEEK 1 | Awareness + The Stress Response

Stress awareness, nervous system literacy, emotional cues, and recognizing overwhelm earlier.

WEEK 2 | Patterns + Automatic Responses

Behavioral patterns, triggers, protective responses, self-awareness, and curiosity over condemnation.

WEEK 3 | Regulation + Resilience

Practical regulation tools, stress recovery, focus, emotional flexibility, and coping skills.

WEEK 4 | Communication, Conflict + Connection

Communication skills, conflict navigation, listening, relational awareness, and healthy connection.

WEEK 5 | Boundaries + Self-Trust

Healthy boundaries, confidence, asking for what you need, peer dynamics, and self-trust.

WEEK 6 | Integration + Moving Forward

Integration, personal tools, support systems, resilience, and practical commitments students can continue using.



Guided breathing and nervous system regulation

Breath and nervous system practices can be woven throughout programs in ways that are appropriate for the age group, environment, and goals of the school.

*Students are never expected to perform, disclose personal information, or process private experiences publicly. The intention is to create an environment that is supportive, professional, trauma-aware, developmentally appropriate, and aligned with school expectations.

DEPENDING ON THE PROGRAM, SESSIONS MAY INCLUDE:

- Grounding, mindfulness, and body-awareness exercises
- Guided visualization and reflection
- Movement and sensory regulation practices
- Age-appropriate experiential breathwork when appropriate
- Integration and facilitated conversation following appropriate experiences
- Short reset practices students can use during the school day

Breathwork is used as a practical regulation and reflection tool - not as a requirement for public disclosure or group processing.



WHAT STUDENTS WALK AWAY WITH

Regulate more effectively

Use practical tools to recover, refocus, and move through difficult moments.

Communicate intentionally

Practice expressing needs, listening, navigating disagreement, and responding more thoughtfully.

Understand recurring patterns

Recognize learned behaviors, triggers, and protective patterns without shame or judgment.

Establish healthier boundaries

Understand personal limits, peer pressure, people-pleasing, respect, and healthy relationships.

Navigate conflict

Build curiosity, accountability, communication, and relational awareness.

Build confidence + self-trust

Strengthen identity, decision-making, personal responsibility, and confidence in their own voice.

Integrate what they learn

Turn insight into repeatable practices they can use at school, at home, and in everyday life.

Integrate what they learn

Turn insight into repeatable practices that can continue after the program.

Recognize stress earlier



FLEXIBLE FOR YOUR SCHOOL

Every school community is different. Programs can be customized based on student age, developmental level, school culture, current challenges, group size, scheduling needs, learning environment, and organizational goals.

Delivery Options

VIRTUAL

HYBRID

PROGRAMS CAN BE DEVELOPED FOR:

All Aged school students

Student leadership groups

Educators + school staff

Parents + families

Faith-based schools

Homeschool communities

A School Wellness Strategy Call helps us understand your students and environment first, then recommend the program structure, age group, delivery format, and level of support that makes sense.

WHY WORK WITH LEDBETTER TRANSFORMATIONS?



Supporting young people takes more than giving them another worksheet about managing stress.

A tool has to work beyond the workshop. It needs to make sense in a classroom, before a test, during conflict with a friend, in a difficult conversation at home, and in the everyday moments when young people are learning who they are.

We listen first, then build the experience around the people we're actually there to serve.

Today, Marlies brings that corporate experience together with years of work in transformational coaching, nervous system education, subconscious patterns, emotional wellness, somatic practices, and breathwork.

Ledbetter Transformations brings together a multidisciplinary team of educators, life coaches, trauma-informed practitioners, and wellness professionals with experience supporting children, teens, and adults in educational, coaching, and developmental environments.

That experience matters.

We also understand that supporting a student often means supporting the environment around them. Programming can extend to educators, staff, and parents so the skills students learn can be understood and reinforced beyond a single experience.

WHAT DECISION-MAKERS NEED TO KNOW



WHAT DO YOU NEED FROM US?

We begin with a strategy conversation to understand student ages, goals, scheduling, environment, current resources, school culture, and practical considerations for delivery.

WILL STUDENTS HAVE TO SHARE PERSONAL INFORMATION?

No. Students are not expected to disclose private experiences or process personal material publicly.

CAN THE PROGRAM BE CUSTOMIZED?

Yes. Content emphasis, examples, activities, delivery format, age level, group structure, and experiential elements can be adapted to the school.

HOW DO WE KNOW WHETHER IT WAS USEFUL?

Programs can include age-appropriate pre- and post-program feedback around stress awareness, regulation tools, communication, confidence, boundaries, and perceived usefulness.

IS THIS THERAPY?

No. This is an educational and experiential wellness program designed to build awareness and practical skills. It does not provide psychotherapy or replace individualized medical or mental-health care.

HOW MUCH TIME DOES IT TAKE?

Programs are scoped around your school. Session length, frequency, group size, and delivery format can be adapted to the school day while preserving the integrity of the experience.



Measuring the Experience

Student wellness should be useful in real life. When appropriate, programs can include simple, age-appropriate feedback to help schools understand participant experience and identify areas of perceived growth.

Measurement is designed to support learning and program improvement. We do not diagnose students, promise predetermined outcomes, or use wellness programming as clinical assessment.

- Awareness of emotions, physical cues, and triggers
- Confidence communicating needs and boundaries
- Perceived connection, belonging, and relational awareness
- Understanding of recurring patterns and automatic responses
- Perceived usefulness and applicability of program tools
- Intent to continue specific practices after the program
- Ability to recognize personal stress responses
- Confidence using regulation tools during the school day

Lead better transformations



INVEST IN THE PEOPLE BEHIND THE STUDENT

Schools spend enormous time building curriculum, improving systems, supporting achievement, and creating environments where students can learn. Every one of those efforts is being experienced by a developing human being.

When young people become more aware of how they feel, respond, communicate, regulate, and relate to others, they gain practical skills they can carry far beyond the classroom.

**Schedule a complimentary School Wellness Strategy
Call to discuss your students, staff, goals, current
challenges, and the right program structure.**

START WITH A CONVERSATION

