



**FIT Academy
EMPOWER HUDDLE
Friday, February 2
3:00 – 6:00 P.M. at FIT Academy**

Empower provides a safe and interactive environment to learn, grow and develop. We will lead your team and group on a journey through our four areas of focus: confidence, leadership, resilience and well-being with the use of our proprietary curriculum. This program is so powerful that it can be tailored to the challenges and needs of your group!

Empower Huddle Agenda

- 2:40-3:00 P.M. **Attendee Registration and Check-In**
- 3:00-3:15 P.M. **Welcome, Introduction and Rules of Engagement with Pam Borton** ☐
- 3:15-4:00 P.M. **Leadership Session 1: Cultivating the Leader that Lies Within** ☐
- 4:00-4:10 P.M. **Transition to Gym**
- 4:10-4:40 P.M. **Yoga**
- 4:40-4:50 P.M. **Transition to Classroom/Snack**
- 4:50-5:05 P.M. **Leadership Lesson 2: Public Speaking 101**
- 5:05-5:45 P.M. **Leadership Lesson 3: Build & Strengthen Resilience**
- 5:45-5:50 P.M. **Positive Psychology Exercise**
- 5:45-6:00 P.M. **Wrap Up, Surveys and Takeaways**

Open to Grades 5-8. Special FIT Academy price \$30 (regular price is \$65)

Please return this registration with check for \$30 made out to “Empower” to FIT Academy

Student Name

Grade

Parent Name

Parent Email

Parent Cell



Fit Academy is located at 7200 147th Street West, Apple Valley, MN 55124