

*Introducing your Dreams
to Reality*



UCAN

Establish Trust

Team Building

Conquer Fears



The Purpose of Training

The UCAN training will equip teenagers to identify, understand and then manage their history and living their life taking responsibility for achieving their own dreams. This will enable them to use the challenges of life and to help others do the same. During the training we use games, exercises and challenging activities such as simulations, role-play and we spend a day in an extreme park (rope-course, zip-line, springboard, climbing, etc...) in order to re-create some of life's challenges.

Our service is designed to support and integrate the incredible work that any support/rehabilitation center provides to many children that have gone through traumatic and devastating experiences. In order to accomplish these goals UCAN provides a three-day transformational event on- or off-site that runs from the morning till evening. Furthermore two days (one before and one after the three days for the kids) are exclusively dedicated to the operators to give them a context through which they can perpetrate the results obtained during the three days.

Suffering and poverty have always existed. UCAN offers a unique and multi-dimensional method to accept reality as a starting point and to build a path for dreams to become reality. The transformational approach has been designed to tie behavior to the desired future, unleashing it from the cyclical reproduction of the past.



Focus and Results

A) Trust

One of the most important concepts, which will be communicated during the seminar, is trust. We will be facilitating a transition from mistrust based on past experiences towards trust as a tool to obtain the desired future. This new context for trust will allow them to examine possibilities, and calibrate the trust. They will learn to make choices based on what they desire to obtain, rather than passively accept what life offers them. The effect and results of learning to trust others will make them more open towards teamwork, realizing that when we merge efforts the results get multiplied.

Participants will be able to see their normal perspective from a different angle. They will learn to support one another in their groups gathering all their efforts to work towards a common goal. The conflicts during the path will be used to discover how to move together to obtain the best results possible for everyone involved.

B) Empowerment

Responsibility is a pillar of the training. We pass from the culture of judgment: based on guilt and shame, to the culture of responsibility: based on the future they want. Commitment based on fear of judgment is superficial and it often needs the presence of a controller.

Our trainers are trained to reinforce the capacity of choice and responsibility and to explore with the participants the possibilities that emerge out of it.

C) Recognition

During the training every single comment will be taken in consideration. During the three days stupid questions or inappropriate comments don't exist. Dignity and attention will be given to everybody. The practice of recognition leads to an evaluation of how we perceive each other and in turn how we estimate our own self-value. We firmly believe that recognizing our own actions and others is one of the most powerful tools available to us.

D) Mutual Support

Support is often perceived as control. Through conversations and exercises the kids will be encouraged to support each other. During the training the participants will give each other feedback about their impact on others. This exercise promotes the value of listening to other's perception for a healthy growth of relationships. Moreover they will be able to use feedback even after the process to support each other towards the achievement of their goals (rather than controlling them to our own ends).

These four specific topics (Trust, empowerment, recognition and mutual support) are the center focus point of UCAN seminar with the children. Your kids will learn to use these tools in their own relationships in a completely new way, getting a huge advantage in terms of quality in their relationships and in relation to their own dreams.

Concerning UCAN's two days with the counselors.

On the first day we will be exploring together their perceptions; we will inform them about what is going to happen during the training and on how they can help the kids and benefit the most themselves. During the last day of the seminar we will debrief all that has happened with the participants of this project. We will give a lot of space for questions and for the conversation on how to maintain the kids in movement towards their own objectives.

Vision Statement:

Our commitment is to provide children and adults participating with the tools to redefine their own history and face life with responsibility. This will allow them to use the challenges on the journey of life, to pass through their fears and achieve their goals realizing their dreams. UCAN allows participants to identify their own position in relationship to others and situations, and promotes the exploration of the possibilities to make useful choices to transform dreams into reality.



RESULTS!

As will any successful company we at UCAN place our value in the results we have and can provide for any clients. Six months after the seminar takes place teachers, counselors and principles report to us that:

- Their kids have taken on a much more responsible attitude towards school, each other and their own lives.
- Relationships and friendships have been born out of the least likely of places.
- Children have been inspired to achieve their dreams (write novels/plays, become doctors etc...)!

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- The GPA of UCAN participants has taken a remarkable increase after their 3 days at the seminar.



UCAN Testimonies:

Manuel Alberto Figueroa Age: 15

My experience was being able to grow and learn more about myself, and who I want to be. We have to take risks to accomplish our objectives. Another thing I learned was that there are consequences for everything. I am still working on finding out who I want to be, but I know I can accomplish it.

UCAN was an unforgettable experience. You learn many things like, overcoming your fears, spending time with people you don't normally spend time with and don't really get along with, and how to work as a team to reach your goal. There are many things that open up your heart. Your mind begins to work like a seed and grow to know yourself and who you want to be.



Esmeralda Ortega Age: 14

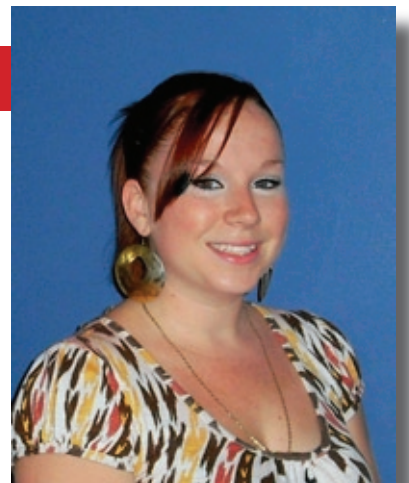
The Seminar was really fun and besides overcoming our fears we practiced values like honesty, respect, and unity. We learned about how to decide what we want and who we want to be, and to do everything possible to accomplish it.

It was the best thing that has ever happened to me.

Whitney Anderson Age: 19, counselor

My experience at UCAN was amazing and very meaningful. Life is too short to hold on to resentment and I think little by little I can let go of all of that. So I am now trying to live my life the way I would like to live it and not be afraid if others judge me. Life is too short to not live it to the fullest.

The UCAN camp was a great experience and mind changing for me and everyone. There you learn so much that helps you understand not only yourself but also the people around you. It is a beautiful experience that is very hard to put into words.



Ana Silvia Olvera C. Age: 17

UCAN helped me to overcome my fears, and be more brave and strong.

My biggest fear was heights. That's why on the outside adventure day I took so long to cross the bridge at the ropes course. Being on that bridge I could really think about things: how my life was, what, why and how I wanted to change, how I was as a daughter and friend.



Jesus Manuel Falomir S. Age: 13

I learned how to trust in people and I also learned how to work in a team and how to not get mad so fast. If someone in our team messes up, it is better to support them and tell them "you can."

I also learned that we should think about what we want to be and try to do it little by little until it is accomplished.

Perla Flores Age: 13

It is a unique and special experience. UCAN helps you in many parts of your life and with many things you have to overcome and deal with in life.

The camp is one thing that will stay in your life forever.



Rolando Quezada Age: 14

It was the best thing that ever happened to me.