



**Q: What goes on at a HeroPath For Teens™ weekend?**

**A:** One of the things we do is we take teens through a process that causes them to question the structure of how they think about their lives, the values they hold, what's most important to them and whether or not they are living their lives in relation to the values that are ultimately most important to them.

Then we up the ante, and lead them to consider if those values that they currently hold as most important, are really the values that will support them in helping them become whom they most want to be as they find themselves growing into their adulthood.

**We then lead them to consider that often there are better choices they could be making, realizing that in many cases they don't yet have the skills to be making those better choices.**

*By this point most teens are intrigued... often impatiently asking to be taught these skills.*

Over the two days we are together, we begin to introduce them to the values that are available to them, and we use the group to demonstrate how choices are made. We awaken them to the difference between making excellent choices and poor choices, and when appropriate, we talk to them in a compelling way about what the consequences of those choices will be through time

**Far and away the most important thing we offer them - and what separates us from anything else out there - is an insight into themselves as to who and how they are when they are at their best.**

The suggestion we make is that the way they are when they are at their best - when they are making their most excellent choices that they are capable of making - is actually contained in the way they are in relation to themselves in their body, how "how they feel" you could say drives their decision making process.

We then teach them how to organize themselves - literally in their posture, breathing, musculature, etc and all their bodily movements - so they make the best decisions they are capable of making. We do that through a series of exercises we teach over the weekend, often using the group to demonstrate the various points we are making.

The teens then have an immediate sense of power and control from learning this.

They know how to be in control of themselves from the inside, rather than the more common experience many teens and adults have, of constantly letting outside circumstances influence how they feel, think, etc on the inside. *This is why so many of them describe the program as “indescribable” yet often point to how it hugely boosts their confidence, security, motivation, etc.*

These programs are led by people who are extraordinarily good at working with youth to get them out of their “stuck” position – a position which is just normal and ordinary for teens because they don’t yet have the life experience to get themselves out of being stuck if they even know it is an option. It gives them instead access to the skills, perspective, knowledge and even wisdom, from the 20 or 30 years of life experience that we bring in the room with us, that they as teens don’t yet have.

The program leader [Jeff Leiken](#) is an extraordinarily talented and gifted facilitator at working with teens to get these results, as are the other highly trained facilitators who assist. This means your teen is going to be in very good company, with some very interesting people who both hold and live the values that historically have led to deep, rich, fulfilling lives, and that too often, are not modeled or reinforced for teens outside their own homes.

We find there is something extremely powerful about hearing the message and having it modeled out for them from adults other than their parents who are as one teen called it last year “the real deal” and another one said recently “totally legit”.