

FAMILY SERVICE CHALLENGE

Take-Home Value

The adolescent suicide rate has quadrupled since 1950, and the highest increases are found in the affluent demographic. As a result, YPO parents are extremely motivated to gain insight into how to support their children in navigating a culture dramatically different from that of their upbringing. Everyone has a busy schedule, and it's easy to not take the necessary time and actions needed to support a healthy and vibrant family unit.

This exclusive **YPO 33-Day Family Service Challenge and kickoff Family Health Workshop** is provided and supported by Bradley Callow and his team at Rich Legacy.

The comprehensive program delivers a gamified way to strengthen families and chapters that set them on the road to success and fulfillment with minimal workload placed on the YPO admin and chairs. In addition to the handling much of planning, Rich Legacy has truly subscribed to the "Resource" mentality YPO prides itself on by providing ongoing support and interaction with members and their family over the course of 33- days and beyond. This approach leads to lasting positive change versus temporary motivation.

Description

The 33-Day Family Challenge is kicked off with a two-pronged event. A Family Health Workshop and a same day Community Service Event. The program is typically scheduled on a weekend or school holiday within the learning calendar to allow the family to spend three to six hours together. Note, incorporating this event into a YPO Family Retreat is also a great option.

Step One: Family Health Workshop

"Be the CEO of Your Family's Health" is an interactive event that focuses on empowering each member of the family to pursue a healthy mind, body and spirit. Inspiration, education, and execution make this a powerful and captivating event for both parents and children. Starting with a powerful story of tragedy and triumph, the workshop then moves into the realities YPO families face in today's culture.

Families are then led through hands-on exercises delivered in the form of games that are designed to teach essential strategies for building and maintaining a healthy family despite our culture. Equipped with these new

skills, families work together to begin planning their goals and tactics for making their 33- Day Family Service Challenge a success.

Step Two: 33-Day Family Service Challenge

During the Family Health Workshop, families will walk-through their custom YPO Challenge Platform used for recording the completion of challenge activities. Provided with an extensive list of healthy activities, families earn points for completing and photographing proof of their participation. Activities include a wide variety of options from volunteering at a soup kitchen and donating old clothes to the homeless to exercising and eating dinner as a family.

The family friendly platform makes it fun and easy for the whole family to track their progress throughout the challenge. Families and Chapters will be supported throughout the challenge with weekly webinars, tech/challenge support, regular monitoring, and ongoing inspiration.

The Rich Legacy program is broken down into six steps:

Onsite (during event):

1. **Family Health Workshop** (70 Mins)
2. **33- Day Family Challenge Kickoff** (20- Mins)
3. **Chapter Service Project** (60 - 120+ Mins Project Dependent)

Offsite (ongoing interaction):

4. **33- Day Family Challenge** (Time is Family Dependent)
5. **Check Ups & Challenge Support** (25 Min Live Webinar Each Week and Tech Support)
6. **Closing Ceremony & Prizes Awarded** (20 Mins Live Webinar)

****NOTE:** Given the 3-6 hour timeframe for the onsite elements, it is recommended that brunch, lunch or a light dinner be included.

Optional: Adults/Parents Only Dinner or Webinar the evening before the kickoff event to better understand the Chapter Parent's needs and provide strategies for family specific challenges prior to the workshop. (additional \$700 for Webinar or \$1,500 for Dinner regardless of participation numbers - food and venue not included)

Check Ins & Challenge Support (20 Min Live Webinar Each Week and Tech Support)

Each week families have an optional opportunity to participate in a 20 min Live Webinar where they can hear more about other families:

- Successes
- Obstacles
- Inspiration
- Motivation

Weekly updates will be sent out to keep members up to date on the current leaders.

Closing Ceremony & Awarding Prizes (30-60 Mins Live Webinar)

At the end of the Challenge, Forums compete for Prizes and the “Championship Belt” at the Chapter, Regional, and Global level during the 2018/19 Learning Year.

Two weeks after the end of the 33-Family Service Challenge, prizes will be awarded to the winning forum (the forum with the families that have the highest “per participant” number of points. Winning forums then compete on behalf of their chapter at the regional and global level (if applicable). Note, regions must have at least 10 participating chapters for a regional competition; regions with under 10 can still participate in the global competition.

Prizes will be provided by Rich Legacy and supporting sponsors but can also include items and services members want to contribute.

Venue Ideas

Family Health Workshop

Based on 30-35 families, a private room large enough for 15-20 round tables that seat 1-2 families (8-10 chairs) comfortably spaced for participants to move around without bumping into each other throughout the event. Behind the tables or in a separate room, you’ll need an empty area of families to move around in for interactive exercises. More space the better. Because the exercise involves physical elements, no tables, or other sharp edges should be in this area.

Family Service Event

This depends on the cause or nonprofit selected.

33-Day Family Service Challenge

The challenge is done in the member’s home, neighborhood and local community.

Audio/Visual Needed for Workshop

Screen and projector large/ powerful enough for 15-20 table sized room

2 wireless mics

2 lav mics

Mac HDMI adapter

Speakers and/or ability to plug into the sound system in the room

Materials For the Workshop

(Per Family) 3 Bandanas for every 2 family members
(Per Family) 2 Collapsible mesh laundry baskets for each family or buckets at least 12 inches in diameter
(Per Family) 10 Plastic soft touch balls (as seen in kids play pits)
(Each Person) Erasable Bic Pens (or equivalent)

Printing

(Per Family) 1 Family Health Plan
(Each Parent) 2 Child Alignment Assessments (25 extras for those with more than 2 kids)
(Each Child) 2 Parent Alignment Assessments (25 extras for those with more than 2 kids)
(Each Parent) Interest Forms for Parents
(Each Child) Interest Forms for Kids
(Per Family) Tree Planting Kit

Words of Wisdom

What worked:

- Requirement that all participants sign up on challenge platform prior to kickoff event

What won't work:

- While any family can benefit from the challenge and service, families with children over eight years old will experience the greatest benefits during the workshop.