



Over the course of my life, I have experienced personal and professional opportunities and challenges, many life changing. Young adults need to be able to connect with and hear from people about the realities of life. Sure, as parents we all try to guide our children into adulthood, but often they feel they know it all. We try our best to guide young adults to make the right decisions, but oftentimes it takes a friend, a neighbor, or another adult with real life experiences to make them listen and realize that life is difficult and sometimes our decisions are life changing. Sharing my Life Changing Moments and answering difficult questions will benefit young adults early in their lives and help them build character, shape who they are, and **Make Smart Decisions.**

Program Topics Include:

Education – The importance of high school and college – decisions that determine earning potential, career growth, and lasting relationships

Relationships – how relationships can change your life; relationships with your boy friends, girl friends, parents, and family; financial challenges in relationships; long distance relationships

The challenges of moving – life is full of different surprises and challenges in all areas of the country

Alcohol & Drugs – peer pressure can be overwhelming, but understanding the consequences of using alcohol & drugs is critical for young adults

The Law – take it seriously and don't press your luck

The program is interactive, fun, and can help young adults understand every decision - no matter how small - can be a Life Changing Moment. The program is structured for 1-1.5 hours and can be adjusted based upon your group's needs. Contact me to discuss an opportunity to speak to your school, team, or organization.

makesmartdecisions.org

About F. John Case, Ed.D.

- Growing up as one of eight children, I learned from an early age the values of responsibility, discipline, organization, and teamwork. Cultivated by the love and support of my parents and family, the timeless seeds of character were sewn.
- After I became a young adult, I realized life is not an easy journey. I started to form my own life principles for getting through each day. The principles helped guide my decisions about college, athletics, work, relationships, and life. During these early years, I realized that daily we are faced with situations that can become life changing moments.
- My passion is to motivate young adults to be personally accountable for their actions, create self respect, and understand the complexities of their world. As a former collegiate athlete and high school coach, I have been honored to work with young adults to encourage responsibility and the pursuit of their dreams.
- From my life experiences, the goal of this session is to help young adults realize every individual can achieve their goals by overcoming the challenges faced each day. Reminding them, it's not the challenges along the journey or the mountain in your way...It's the Climb!
- My professional accomplishments represent over 25 years of proven leadership, team building, and individual coaching in academic, health care, and non-profit organizations.

