

STUDENTS ARE NAVIGATING MORE THAN ACADEMICS.

Stress. Big emotions. Friendship conflict. Communication challenges. Peer pressure. Difficult decisions.

They're navigating an age and stage they've never experienced before—often without the awareness that they can pause, shift what they're feeling, and choose what they do next.

OWN IT! + Life Skills gives students awareness, shared language, and practical tools to navigate those moments with greater confidence, accountability, and intention.

OWN IT! + LIFE SKILLS

A Two-Part Student Empowerment Series



PART 1: OWN IT!!

Your Voice. Your Actions. Your Influence.™

Students explore who they want to BE, recognize emotions, notice whether emotions are helpful or hurtful, pause before reacting, take responsibility, and learn how to Reflect, Reset, and Restart—making things right when needed.

Awareness • Self-Regulation • Accountability



PART 2: LIFE SKILLS™

Choosing How YOU Show Up in Life

Students build on the OWN IT foundation by exploring goals and dreams, The Four Agreements, thoughts and emotions, communication, calming techniques, and everyday decision-making.

Goals • Communication • Stress Tools • Choices



STUDENT TAKEAWAYS:

“Don't react right away.
Walk away then talk about it.”

“Even when I think the joke is funny doesn't mean that they find it funny.”

“To always think of the other side.”

“

The OWN IT program helped students become aware of their emotions and learn how to cope using tools like deep breathing, walking away to cool down, or talking with someone they trust. It also taught them how to repair relationships in healthy ways.

Its impact can be even greater at home, where families can use the same simple steps to encourage communication, accountability, and emotional growth in everyday situations.

— Mrs. Vlahantones, Assistant Principal & Counselor,
Our Lady Star of the Sea School

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Carol's work exceeded our expectations. She created a program aligned with the specific needs of the students and presented the material in a way that was relevant, accessible, and thought-provoking.

— MaryJo Harris, Director of Programs and Administration,
The Family Center



MORE THAN A ONE-TIME PRESENTATION.

With follow-up touchpoints and parent engagement, the series can help strengthen communication, accountability, and culture across the school community.



Stronger
Communication



Greater
Accountability



Better
School Culture

BRING OWN IT! + LIFE SKILLS TO YOUR SCHOOL.

Carol Mastroianni, MBA, RM | Empowerment Coach & Founder
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Customized by grade level and student needs • Available for middle and high school students



LET'S BUILD
STRONGER
STUDENTS—
TOGETHER!





ABOUT *Carol*

Carol Mastroianni, MBA, RM, is the founder of **BE Your Influence®** and an empowerment coach whose work is grounded in both **professional** and personal experience. For almost 18 years, she has led a youth-focused community coalition and worked closely with students, parents, schools, and community partners around substance-use prevention, mental health, wellness, and the real-life challenges young people face.



Carol is also the mother of boy-girl twins and brings firsthand experience navigating different personalities, needs, and developmental paths within the same family. Her perspective has been shaped not only by what she has witnessed professionally, but by what she has lived as a parent.



Through **BE Your Influence®**, Carol has developed her own programs and frameworks to help young people build greater self-awareness, emotional regulation, accountability, communication skills, and confidence. Her work is practical, interactive, and designed to meet students where they are while giving them tools they can use in everyday life.



Her professional background also includes developing an **award-winning** alternative-to-suspension program, certification in the **7 Habits of Highly Effective Teens®** and **Strengthening Families**, and **prior certification in youth suicide prevention**, along with extensive additional training in youth development, prevention, mental health and family support.



BUILT AROUND YOUR STUDENTS

No two school communities are exactly alike. Carol collaborates with school staff to understand what students are navigating and adapts the content, examples, and emphasis to fit the age, needs, and priorities of the students in the room.



LET'S TALK ABOUT YOUR STUDENTS.

What are your students navigating right now?

Let's explore how **OWN IT! + Life Skills** can be customized to support your school community.



Carol Mastroianni, MBA, RM



Founder & Empowerment Coach | **BE Your Influence®**



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Let's connect!