



# PULSE

**FIND YOU...BE YOU!**

**November 14<sup>th</sup> – November 16<sup>th</sup> 2008**

Do you often wonder who you are and what direction you are going to take in life? Would you like to gain a greater level of self-confidence so that you can passionately pursue your dreams and goals? Would you like to build solid and meaningful relationships? The **PULSE** experience will provide you with key insights into these areas, the tools to create the results you desire and the courage to take action.



**PULSE** is a 2½-day youth empowerment and leadership workshop offered to teenagers between the ages of 14\* and 18. You will be taken beyond the realm of the traditional classroom--away from a place where people tell you what to do--to a place where a diverse group of teens can focus on a 'sense of self.' This is the first step towards owning your future.

*"The most important thing that I learned was that I am a powerful person that can change my surroundings and people's lives."*

*Gabriel, 17 – PULSE*

**PULSE participants leave the workshop with:**

- A tremendous experience in self discovery
- A greater appreciation of their place in the world
- A great sense of empowerment
- Confidence in their ability to achieve their goals
- Practical strategies for immediate success
- Deep, lasting relationships

*"I would recommend PULSE to anyone and everybody because if the world went through this program, it would truly be a better place." Eric, 14 - PULSE*

**The PULSE program gets results!**

- 100% felt better about themselves
- 100% felt better about their future
- 100% felt better about their ability to communicate and work effectively with others
- 100% felt that they could now accomplish anything they set their mind to

*"The most powerful, needed and giving program I have ever attended (and I have attended many)."*  
*Rosa, 16 – PULSE*

***PULSE is a program of FuturePoint, a leader in progressive empowerment programs for youth in South Florida. FuturePoint has made a difference with over 6,000 young people, helping them breakthrough to new levels of personal achievement.***

***\*14 year olds must complete a pre-workshop interview with FuturePoint staff.***

<b>PULSE</b>	
<b><u>Schedule &amp; Tuition</u></b>	
<b>\$377.00</b>	
• Friday, Nov. 14	6 pm* – 11pm
• Saturday, Nov. 15	10 am – 10 pm
• Sunday, Nov. 16	9 am – 7 pm**
• 2 weeks of follow-up coaching	
*Registration begins on Friday evening at 5pm.	
**There is a Post Celebration Event immediately following. Friends and Family are invited.	
<b><i>Tuition Includes:</i></b> All supplies, program fees, snacks, Saturday lunch & dinner, Sunday lunch. Financial assistance may be available.	
<b>No risk 100% Money Back Guarantee</b>	

## **Graduates just like YOU speak out about their PULSE experiences...**

“PULSE was the most powerful, needed and giving program I have ever attended (and I have attended many!) This came into my life at the perfect time. I was lost and then found myself...and I know I’m not the only teenager with the same doubts. I learned how special and important I am. Not only will I place myself first now (Wow!) but I’ll do it happily. I am ready to face life with joy and happiness.” **Rosa, 16, Ft. Lauderdale H.S.**

“I loved that I trusted everyone so fast and I’ve grown so much. This is what we (teenagers) are lacking these days. Knowing that it’s OK to believe in yourself.” **Natalia, 15**

“I love you all! I really do! PULSE has showed me so many valuable lessons that will stay in me and help me in my journey. I am capable of so much more than I think I am and for the first time in my life, I am sitting here loving myself. I plan to use my newfound love and confidence in myself to help me achieve many of my goals.”

**Mercedes, 16, J.P. Taravella H.S, Youth Leadership Broward Graduate**



“I learned not to be afraid to achieve success in life. I learned to connect with people more effectively. By being able to connect with new people in PULSE, I know I’ll be able to connect with people all over the world. Nothing will stop me from achieving my goals. This workshop was powerful and life-altering. Thank you FuturePoint for valuing and caring about teenagers my age.” **Jerry, 17, Everglades H.S., 2007 recipient of the Bill & Melinda Gates Fellowship, currently at University of Florida**

“I learned that what I was looking for was inside of me the whole time and all I had to do was believe in myself. I enjoyed PULSE and liked how no one in the room judged or criticized others for their opinions and how everyone was so open and free with their emotions.” **Carlos, 16, Stranahan High School**



“I learned how to get closer to other human beings and the role of a true leader. I learned to be the change I want in the world and to do everything it takes to get it. Then I will have everything I always wanted.”

**Jennito, 17, Ft. Lauderdale H.S, currently at Florida State University**

“I enjoyed PULSE VERY much! There were so many activities that really showed stuff about me that I didn’t know. I loved how there were people that I became so close with! It really showed a part of me that I needed to see!” **Shayna, 13**

“There’s only one person that can live my life and that person is me. I’m going to be genuine and confident in myself. This change will allow others to get to know me. My voice and opinion will be heard and I will have a fulfilled life.” **Travae, 18**

“I’m going to go after everything I would generally hold back on. I’m not going to just play it safe anymore. I really am devoted to seeing this through. It’s a lifetime change. Thank you! You’ll never truly grasp the effect you’ve all had on my life. It’s like trying to explain PULSE to others, something others can’t understand until they experience it themselves and no words can explain it just right.”

**Sophia, 17, Nova High School, Youth Leadership Broward Graduate**



“The most important thing I’ve learned is that I am an important, worthy human being. People need to experience PULSE so they can know that their presence on this earth is important. My presence on this earth matters!”

**Naida, 18, Fort Lauderdale H.S., currently at Nova Southeastern University**



### Enrollment Form

<b>PARTICIPANT INFORMATION</b>	
Name:	Name I prefer to be called:
Street:	City, State & Zip:
Home Phone:                      Cell Phone:	Email: (Please write legibly)
Date of Birth:	Workshop Date:

**\*\*All participants must complete\*\* Why do you want to attend PULSE? (Use additional paper and attach if necessary)**

<b>PARENT/GUARDIAN INFORMATION</b>	
Name:	Referred by:
Street:	City, State & Zip:
Home Phone:                      Cell Phone:	Email: (Please write legibly)

<b>TUITION &amp; DEPOSIT (Minimum deposit \$127)</b>	
Payment Type: <input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit	Credit Card Number:
Amount enclosed:	Name on Card:
<input type="checkbox"/> Master <input type="checkbox"/> Visa <input type="checkbox"/> AMEX	
Billing Address if different than above:	Expiration Date:
Billing City:	Billing State & Zip:
By signing below, I give FuturePoint permission to bill the above-listed credit card.	
Signature:	Date:

**Refund Policy:** A full refund will be issued if cancelled more than 10 days in advance of the workshop. If cancelled 10 days or less in advance of the workshop, your tuition may be transferred to another workshop, less the registration fee (\$127). If after completion of the entire PULSE workshop you feel it was not worth your time and money, we will refund your entire tuition. All refunds and transfer requests must be made in writing. To exercise the 100% money back guarantee option, a written request must be received by FuturePoint within 48 hours of graduation.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**By signing you have read and understand our refund policy and all workshop details.**

## November 14-16, 2008 PULSE QUICK INFORMATION GUIDE

**LOCATION:** Florida International University – Biscayne Bay Campus  
Wolfe University Center  
3000 NE 151st Street  
WUC 325  
North Miami, FL 33181  
305-919-4287  
<http://bbc.fiu.edu/visitors.html>

Students should be dropped off and picked up at the Wolfe University Center Entrance. There will be an adult staff with students at all times until they are picked up.

**DATES & TIMES:** **Friday, November 14, 2008**

REGISTRATION OPEN AT: 5PM  
COURSE: 6PM-11PM  
Meals provided: snack

**Saturday, November 15, 2008**

10:00AM-10:00PM  
Meals provided: snacks throughout the day, lunch & dinner

**Sunday, November 16, 2008**

9:00AM – 7:00PM  
Meals provided: snacks throughout the day & lunch

Graduation/Celebration

7:00PM-8:00PM

Friends and family are invited to take part in a celebration to acknowledge all PULSE graduates.

**All workshop sessions will begin on time.** It is the responsibility of each participant to make the necessary arrangements to ensure that they are there on time and picked up.

## **DIRECTIONS:**

Florida International University – Biscayne Bay Campus  
Wolfe University Center

### **From Miami:**

Take I-95 north to 135th St.  
Head east to U.S. 1.  
Head north to 151st St.  
Turn right. Follow the road east and the campus will appear on the left.  
Look for FuturePoint signage

### **From Ft. Lauderdale:**

Take I-95 south to 163rd St.  
Head east to U.S. 1.  
Head south to 151st St. Turn left.  
Follow the road east and the campus will appear on the left.  
Look for FuturePoint signage

### **From South:**

Take Turnpike North.  
Exit on Mile Post 47- 27 Avenue (stadium) This will dump you to a toll plaza-no pay  
Continue straight and you will reach Golden Glades Interchange-pay toll \$1  
Continue East to Beaches  
Head east on NW 167th Street which will eventually turn into 163rd Street (It's the same thing the road just bends as you get farther east) to U.S.1  
Make Right at the intersection/cross the train tracks  
At the main light (Right across the Train Tracks) Head south (make a right) on U.S.1 to N.E. 151<sup>st</sup>  
Look for FuturePoint signage

Once you're at N.E. 151st Street Turn left.  
Follow the curvy road until you see the Campus on the left.  
Proceed to park in Lot I-nearest the Library.  
The Wolfe University Center is across campus to the right of the Library.