

M4 WELLNESS PROGRAM

Mind Mastery • Motivation • Momentum • Money Management

EMPOWER STUDENTS WITH SELF-MASTERY & WELL-BEING

M4 Wellness brings a high-impact, school-based program designed to help students build the mindset, emotional strength, and personal leadership skills needed to succeed academically, socially, and personally.

This program gives students the tools to:

- **Strengthen emotional regulation**
- **Improve decision-making & self-control**
- **Reduce stress, anxiety, and negative thinking**
- **Build confidence, self-respect, and resilience**
- **Develop positive habits for school and life**

WHAT THE PROGRAM INCLUDES:

Mindset Development

Students learn how their thoughts shape behavior, outcomes, and self-esteem.

Emotional Regulation Skills

CBT-based coping tools, grounding techniques, and stress-management strategies.

Motivation & Goal Setting

Students identify strengths, set achievable goals, and build momentum.

Communication & Relationship Skills

Healthy boundaries, respect, conflict resolution, and emotional awareness.

Student Support Worksheets

Reflection sheets, self-mastery exercises, and weekly growth tools.

WHY SCHOOLS LOVE THIS PROGRAM

- **Reduces behavioral incidents**
- **Improves attendance & engagement**
- **Supports mental health mandates**
- **Strengthens school culture & climate**
- **Helps students navigate real-life challenges**

PROGRAM FORMAT

- **Single Workshop (60–90 min)**
- **4-Week Series (once per week)**
- **Full Semester Wellness Program**

Adaptable for:

- **Middle Schools**
- **High Schools**
- **Colleges & Charter Schools**
- **Special Education & Dual-Diagnosis Programs**

BROUGHT TO YOU BY

M4 Wellness | Maribel Hernandez Trejo

Student Wellness Coach & Behavioral Health Facilitator

Businesscreatorca@gmail.com

+1(213)856-1816.

