

## POWER of ONE 1

Members set their own goals, work to achieve them, and enjoy the results.

**Power of One** is a national FCCLA peer education program that helps students find and use their personal power. Members set their own goals, work to achieve them, and enjoy the results. The skills members learn in Power of One help them now and in the future in school, with friends and family, at college, and on the job.

Have you ever thought about a special goal? Maybe you would like to develop better study habits, cope with a physical challenge, get along with a sibling, improve job skills, become a leader – or any other personal goal. Power of One is for You! You select the goals most important to you, then create a plan of action to meet them. Give yourself the power to make a positive change in your families, careers, and communities, one goal at a time.

### What's Inside

The Power of One National Program is available for free and includes:

- 5 Comprehensive Units
- 5 Ready-to-Use Lesson Plans
- 50 Interactive Activities

### Classroom Impact

FCCLA's Power of One program helps students set and achieve personal goals. This resource empowers students to:

- Reflect on their personal strengths and areas for growth.
- Set and accomplish individual goals.
- Develop leadership skills through self-improvement.
- Build confidence in their abilities.
- Inspire positive changes in their lives and communities.

### Power of One Units

Power of One gives youth the POWER to fulfill their dreams by creating self-directed projects that focus on—

**A Better You** — Improve personal traits

**Family Ties** — Get along better with family members

**Working on Working** — Explore work options, prepare for a career, or sharpen skills useful in business

**Take the Lead** — Develop leadership qualities

**Speak Out for FCCLA** — Tell others about positive experiences in FCCLA

### Awards

FCCLA offers national recognition to members who complete all five (5) FCCLA Power of One units. This honor includes special recognition on the FCCLA website, and at the National Leadership Conference.

### Deadlines

More information on deadlines can be seen on the National Programs page on the FCCLA website by scanning the QR code or by following the link below:

<https://fcclainc.org/engage/national-programs>

