

Liz Imperio
Presents



Raising Successful Children Reference Guide & Workbook

WEEK 1 – INTRODUCTIONS



Welcome to the Program

Raising Successful Children is a program that I created for parents, like yourself, who are looking for information to better help guide your dancer to a successful future.

Whether your child is doing this as a hobby, or really wanting to pursue this as a possible career choice, you wouldn't hesitate for a second to make sure you're actually providing them with the best possible options and opportunities in life.

Most parents that step into this world of dance are as new to dance as their children are. Which means you're raising a child that is passionate about something that you know nothing about. That can be quite terrifying to a parent. When you don't have enough information to work with, you feel like your hands are tied behind your back. You're going to constantly keep wondering and questioning whether you're making the right choice.

That's where I come in. I am here to share with you my 25 years of knowledge as a master class convention teacher and as a working choreographer. That means I've worked with kids from the age of 5 all the way to rock stars like Jennifer Lopez. After those 25 years I've been able to perfect a system that works and has proven results. It amazes me how often I get calls, text messages, and Facebook messages from previous dancers, parents, studio owners, dance teachers...telling me how much I've affected them and how much this information has really transformed their lives. This is what I want to be able to do for you so that you can provide for your dancer. If there's one thing I've learned after all these years, it's that you're only as great as the people that you're surrounded by. So let me help you so that in return you can help your child. Together we can really make a difference in their life.

I hope you enjoy this journey as much as I do. ENJOY!

-Liz Imperio and the team at



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SUCCESS
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How the Program Works



Reference Guide

Every week you'll find a detailed outline of each week's topic.



Homework

These simple tasks will further your education. Extra advice for a real world application of the material will be at the end of each outline.



Expert's Corner

Beginning in week 2, for those who are interested in pursuing dance professionally, pay special attention to this segment. These sections will outline the ways you can take the information in that particular week and apply it to your career.



Life Lessons

For those who may not want to pursue dance professionally, or are simply on the fence with their future, check out this section. This will give help point you in the right direction of how to use the information you learned that week and apply it to your everyday life.



Notes

A space for your notes have been provided throughout the workbook. This is for you to jot down your notes, thoughts and "aha" moments. Writing your thoughts down is still proven to be the most effective method of learning and retention.

Week 1 – Course Outline



Week 2 FOCUS on SUCCESS

- *Focus becomes your Filter*
- *Perspective of Success*
- *Identifying Goals*
- *Foundations of Life*



Week 3 FINDING BALANCE

- *Managing schedules and personal time*
- *Understand your Investment*
- *Physical/Emotional Balance*
- *Expectations*



Week 4 INJURY PREVENTION

- *Epidemic in Trending Injuries*
- *Training Properly*
- *Pushing Physical Boundaries beyond proper age*
- *Injury Recovery*



NOTES

[illegible]



Week 5 COMMUNICATION

- *Communication*
- *Parent/Dancer*
- *Parent/Spouse*
- *Parent/Studio*
- *Parent/Parent*



Week 6 SUPER-charged Success

- *Personal Growth*
- *Building Your Value*
- *Dealing with Failure*
- *Greatness is a Choice*



Week 7 PERFORMANCE ANXIETY

- *Parents Anxiety*
- *Dancer Anxiety*
- *Solutions*

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Week 8 SELF WORTH

- *Critical Inner Voice*
- *Importance of Self-Awareness*
- *Dangers of external Self-Worth*
- *Benefits of Internal Self-Worth*



Week 9 ACCOUNTABILITY

- *Value of Accountability*
- *Reframe your Thinking*
- *Advance Your Life*



Week 10 5,6,7,8 to SUCCESS

- *The Next Step*
- *Plan of Action*
- *Beyond the Studio*



NOTES

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Week 1 - Homework

- 1- Connect with the other parents that are participating with the program.
- 2- Encourage others to take the class with you when your schedules allow.
- 3- This will help keep everyone accountable to their participation and will encourage inspirational conversations.

Motivation is what gets you started.
Habit is what keeps you going.