



Worthy CONSULTING & TRAINING

Here at Worthy Consulting & Training, we tailor Youth Development trainings and workshops to suit your school/university/group's needs. Below are some samples of trainings we offer. Contact us today to let us know your needs to we can personalize a program to meet your goals.

Sample Trainings

Youth Development

Transition Conference: From High School to College

Not sure what to do, where to go, who to ask, or what to expect when you arrive on campus? This conference is designed for high school students entering college, applying to college, or considering college and the parent(s) of these students. For many students, the transition to college can be encountered with much anxiety. This conference will help eliminate this stress and prepare students to arrive on campus feeling prepared, confident, and ready to succeed.

YMCA Achievers

Developed locally in 2006 by Worthy Consulting & Training, Marvin G. Worthy and Dr. Linda Thomas Worthy created the curriculum for the Achievers Levels I and II at the Chambersburg Memorial YMCA. Currently, the Chambersburg Y is one of more than 250 locations nationwide to offer the Youth Achievers Program. In addition, the Chambersburg YMCA collaborates with the Chambersburg Area School District, the Commonwealth of Pennsylvania, and the United Way of Franklin County to support programming.

Friday Night Youth Program

The FNYP strives to prepare each youth who participates in the program to become a responsible and active citizen and leader who is guided by an ongoing relationship with caring and trained Christian volunteers. The Friday Night Youth Program is housed at the Chambersburg YMCA every Friday night from 6pm-10pm.

Conditioning from the Neck Up Sports Clinic

A clinic for the serious athlete in grades 7th-12th. Gain an understanding of how to train your brain to improve decision making and control emotions. Players will be in game situations and breakout sessions to cover the following:

- **Mental Preparation:** Learn how to enhance your game perception and concentration utilizing positive affirmation and visualization techniques.
- **Mentally Managing:** Build skills to master frustration, fatigue, failures, and conflicts.
- **Awareness:** Learn how to use your mind to analyze all aspects (i.e., The Court/Field, The Clock, The Players) of game time situations.
- **Work Ethic:** Develop an understanding of the attitude, behaviors and commitment that are required to be a complete athlete.

Let's work together!

Contact Marvin Worthy today to explore trainings and workshops to meet your needs:

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