



—On The PATH

Making faith novel, relevant, and crucial.

Following Jesus on the PATH

A Social-Emotional Learning program that unleashes the power faith.

With an engaging first person approach and a slew of fresh, effective social-emotional skills, *Following Jesus On the PATH* presents an action plan for building a life defined by self-knowledge, self-regulation and healthy, meaningful relationships. It has proven uniquely successful in cultivating the social-emotional habits that equip seekers of all ages to live out their purpose: Love God and love each other.

“On the PATH has helped me realize what truly matters: it’s all about learning from my choices, how I react to them, and letting my faith be a part of the experience.” –Anna 14

SEL Competencies:

- Accurate self-evaluation
- Identify, name and control emotions
- Monitor and modify behavior
- Identify strengths and weaknesses
- Expand personal agency
- Stress recognition and management
- Impulse control
- Organizational skills
- Goal Setting
- Problem Solving—interpersonal and intrapersonal
- Recognize, evaluate and respond to adversity

- Resist negative thinking
- Constructive listening and speaking skills
- Win-win conflict resolution
- Cooperation and teamwork
- Habits that build trust, respect and empathy

On the PATH presents morality in real terms for teens and provides concrete, valuable tips on how to live Christianity day in and day out. It's better than any other book or program I have found." –Fr. Nick Winker, Pastor, Archdiocese of St. Louis

**Purchase the book and get *On the PATH*.
for faculty, parents, and students.**

Sessions

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