

## STUDENTS GET REALITY CHECK AT ROSEMARY ANDERSON HIGH SCHOOL

*New training program inspires inner city youth to achieve their goals*

PORTLAND, Ore. – May 19, 2009 – Reality Check Coaching has partnered with Rosemary Anderson High School (RAHS) and Portland Opportunities Industrialization Center (POIC) to support at-risk high school graduates and help them achieve their academic and life goals, at no cost to the students. The partnership is part of the high school's Transitions program that encourages RAHS graduates to pursue post-secondary education or apprenticeship programs.

Reality Check Coaching began working with Rosemary Anderson High School in January 2009 and has met with Transitions students on a monthly basis to aid students with identifying and developing a strategy to achieve their goals and dreams.

Reality Check Coaching founder, Jennifer Davidson, is a Certified Professional Coach who developed and implemented a customized training program for the Transitions program. Students in the Transitions program receive monthly group training sessions in which students participate in exercises that help them discover and establish personal goals. Davison also coaches students individually throughout the month as they implement strategies developed in the group training.

Survey results found that before the training 50% of the students involved in the Transitions program “somewhat” had goals for the future. After the training, 75% of participants “definitely” had goals for the future. Students reported before the training 75% of participants “somewhat” had tools to keep them on track with personal goals. After the training, 75% of participants “definitely” had tools to keep them on track with personal goals.

Students were asked what they learned after a recent training about goal setting. One student said, “I can't change my beginning, but I can change my ending with well planned goals.” Another said, “Larger goals need mini steps in between, so they are more likely to be accomplished”. Future monthly training programs will assist students achieve their career goals by featuring a Career Coach who will speak about job searching strategies, resume building, and interview techniques.

### **About Reality Check Coaching**

Reality Check Coaching, a leadership training and life coaching organization, was founded in 2008 by Jennifer Davidson to assist people by defining their goals, dreams and helping turn them into reality. Davidson has a master's in business administration from Marylhurst University and after a career that included corporate training at General Electric she became a Certified Professional Coach to help a broader range of people. For more information about Reality Check Coaching please visit [www.realitycheck-coaching.com](http://www.realitycheck-coaching.com) or call (503) 206-7001.

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