

# Power of One

## An Area Officer's Guide to This National Program

### What is Power of One?

Power of One 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.

### The 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

#### MN FCCLA Goal

We encourage all members to participate! This is a national program for everyone! This year, it is our goal as a State Association to increase participation in Power of One!

#### Personal Growth

Power of One focuses on how YOU want to improve as a leader!

#### National Recognition

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.



# How YOU can help!

## 1. Lead by Example!

Others will be inspired when they see you participating in this National Program! Talk to your advisor to get started and follow the guidelines on the National FCCLA website to learn how to apply for national recognition!

## 2. Encourage Others!

Encourage your peers to get involved with Power of One! Here are some benefits of getting involved: you get to explore your own interests, you will receive national recognition, and you will improve your leadership abilities. Be sure to talk about how transformative your experience in Power of One has been!

## 3. Promote Power of One!

Promote Power of One at your Area Meetings, reach out to advisors and chapter leaders about Power of One, and post to your area/chapter social media accounts about our Power of One initiative!