



"Passionate in her work...focused on goals to empower parents and to educate them in ways to help students succeed. The staff development she provided for my teachers at the beginning of the school year was awesome and set the tone for the whole year!"

Bucky Taylor, Principal, CFBISD

"Great at inspiring others...at helping others want to do better and be more."

Barbara Baty

"Teaches others to see their own strengths and use them."

Lupe Rivera



Lucy V. Cantú is the creator of the "Shake Up, Wake Up, Move Up!" parent series and the complementary staff development workshops. Having been raised in La Colonia Guadalupe, a housing project in a barrio of Laredo, Texas, she grew to understand and overcome issues of low self-confidence and poverty. Little did she know she was born to inspire others. In time, the alarming Hispanic dropout rate moved her to somehow help make a difference. Armed with her rich life and work experiences and ever conscious of cultural differences and barriers, she established Strategies For Success, a bilingual training company dedicated to getting people excited about education and life success. Today, as a highly experienced Motivational Trainer and Facilitator, she leads fun, interactive and introspective seminars designed to inspire confidence, new visions and solutions to life challenges.



Let Your Heart Lead the Way™

For more information,
call 972.841.4042 or
972.522.0149
or visit trainingbylucy.com



SHAKE UP, WAKE UP, MOVE UP!
¡Motivar, Despertar, Superar!

Bilingual motivational seminars to get parents excited and engaged in education and life success.

With complementary Staff Development to build stronger school-family partnerships.

www.trainingbylucy.com

First, the Shake Up...

The U.S. Hispanic dropout rate of 18.3% is the highest of any ethnic group—more than double the national average of 8%.* Translated—that’s 6,855 Hispanic students that dropout **each school day**, or 1 every 8 seconds.**



Next, the Wake Up... *coaching Hispanic parents*

Shake Up, Wake Up, Move Up! (*¡Motivar, Despertar, Superar!*) is a series of comprehensive, motivational seminars*** to get parents excited and engaged in education and life success. Presented in **English and/or Spanish**, we teach parents to:

- Wake up to this **alarming** dropout rate and the reality that their children’s future is at risk.
- Connect to understanding that they are the key persons who can enhance their children’s learning!
- Become accountable and take the lead with **positive action** to create conditions in the home environment to help their children academically.

Initial Compliance Review Item #11, 12, 13, 14, 15

Then the Move Up!

Parents walk away motivated and armed with simple steps to immediately engage themselves in their children’s learning and lead them to success.

*NCES Fastfacts, 2010
**Omar S. Lopez, Ph. D., Corporation for Public School Education K16
***Appropriate for Title I (ICR Initial Compliance Review Item #11, 12, 13, 14, 15), Title III, LEP, Migrant/Immigrant Programs

Why Shake Up, Wake Up, Move Up?

Isolation, language and cultural differences, limited education, and increased poverty rates are barriers many Hispanic families face. These are often compounded by high dropout and teen pregnancy rates, risk of gang involvement and drug abuse. Such challenges can impact the level of confidence in one’s ability to create a home environment conducive to learning.

Shake Up, Wake Up, Move Up! inspires renewed confidence among parents. The essence of our seminars is personal development for parents at its best. Each workshop:

- is culturally & linguistically relevant, interactive and enjoyable.
- fosters creative thinking & problem solving skills.

Parent participation increases knowledge that long-term results for their children’s future begins at home and motivates them to take the lead. Our seminars offer a safe space that cultivates confident, capable parents who lead their children to academic and life success.

Shake Up, Wake Up, Move Up! presented as 1 1/2 - 2 hour workshops, is offered as a series or as individual workshops:

Workshop 1: The Shake Up & Wake Up
A Parent Leader’s Skills for Success

Workshop 2: Skills for Success, Part 1
Creativity & Vision: A Requirement for Success

Workshop 3: Skills for Success, Part 2
Mission: Exploring Gifts, Talents, & Interests

Workshop 4: Skills for Success, Part 3
Planning: Goal Setting & Writing a Vision Statement

Workshop 5: Skills for Success, Part 4
Creating A Visual Plan of Action

Workshop 6: Staying Motivated & Empowered
Taking Action: Strategies for Overcoming Obstacles

Workshop 7: Lead! Read! Succeed!
Leading: Encouraging Reading for Success

To complement the **Shake Up, Wake Up, Move Up!** parent seminars, we offer Staff Development to enhance the delivery of services, outreach to parents and their engagement:

The ‘C’ in Customer Service is for “Corazón” (Heart)*

Whether at work in school, at home, or in the community, life is about customer service. Staff engages in discussions and activities centered on customer service and designed to bring out the best in themselves and those they serve, including parents. They learn to boost their customer service skills by applying the *Corazón* (Heart) *Principles* of Compassion, Creativity, Cooperation, Commitment, and Choice to enhance the work they do. **Length:** 4 - 6 hours

Working With Hispanic Parents: Moving Beyond the Barriers*

Studies have shown that Hispanics are at great risk of dropping out of school, and that of those who do graduate, few are seeking higher education. The goal of this training is to help school staff, administrators and volunteers to develop a basic understanding and sensitivity to better serve and involve Hispanic families. During this workshop, staff learn strategies they can use to help Hispanic parents overcome challenges, obstacles, and significant barriers to family success.

Length: 4 - 6 hours



*Appropriate for Title I (ICR Initial Compliance Review Item #10, 11, 12, 13, 14, 15), Title III, LEP, Migrant/Immigrant Programs