



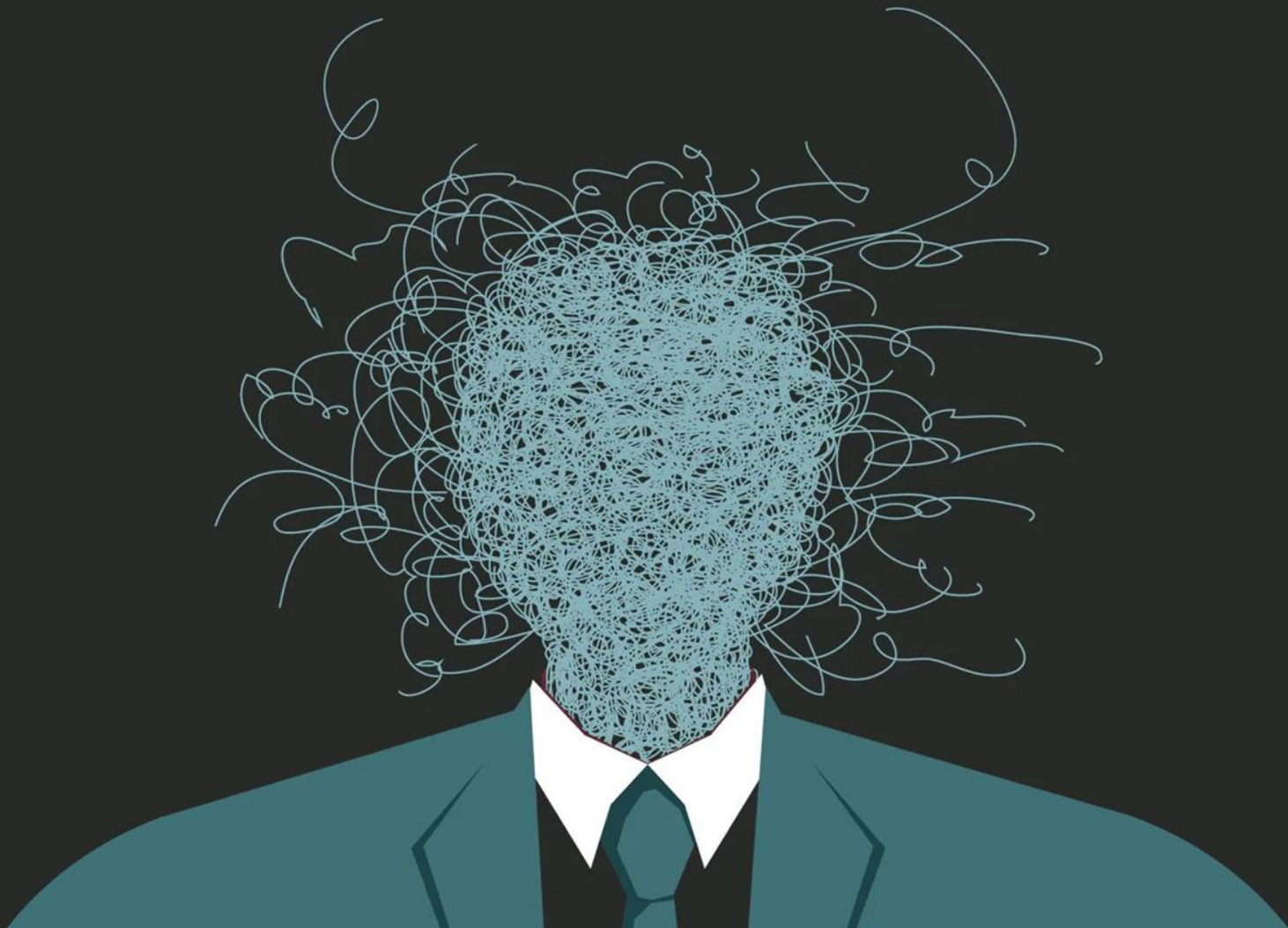
This is an interactive program.  
Be prepared to participate.

**#TripleMPA**

**Tablets and  
Phones for Notes  
are great.  
PLEASE TURN OFF  
SOUND. Thanks!**

**#YouRtheOne**

**#inYourChair**



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*Triple* **M**<sub>TM</sub> in **PA**

**Mindset**

**Mental Health**

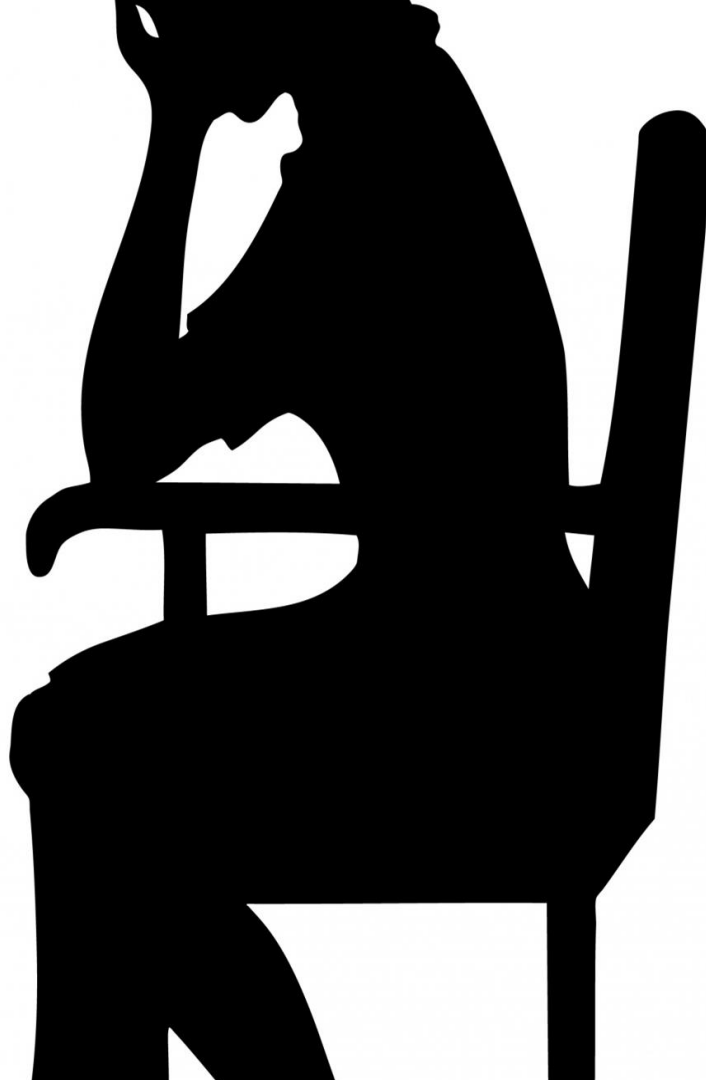
**Motivations**

**A High-Energy Program by G. DiCristofaro**

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you save people's lives

The  
System...  
...is in  
Your Chair



*Triple M*<sup>TM</sup>

## Outline

- **My Mind**
- **Your Mind**
- **Their Minds**

You  
R  
The  
One



“G”

## DiCristofaro

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- Neuro Science
  - Wacky Voices
  - Psychology
  - Mental Health
- Neuro:  
Greek  
Origin  
NERVES**

# LETS PLAY A GAME

1. Parents? Two, One, None

2. Money? Rich, Middle, Poor

3. Where? Rural, Suburbs, Urban



# Milestones

High School Graduation

Indianapolis  
Captain of the Swim  
Team



BIG PA

Boston



**TRAUMA  
HAPPENS**



# Breath Hits

1. Breathe in
2. Hold
3. Release

**Repeat 3 Times**

***“I, can change,  
people’s  
lives.”***

*Triple M*<sup>TM</sup>

## Outline

- My Mind
- **Your Mind**
- Their Minds

**Eagles  
Courage  
Bonus**



Who Are You?

Controller

Supporter

Promoter

Analyst





**Stand and Stretch**



# Paired Share 1 positive

A Good Mindset you  
had with someone  
#inYourChair...

Eagles Courage  
Bonus

- 
- PICK A PARTNER
  - YOU DO NOT KNOW

**Repeat 3 Times**

***“I, can change,  
people’s  
lives.”***

*Triple M*<sup>TM</sup>

## Outline

- My Mind
- Your Mind
- **Their Minds**

**Eagles  
Courage  
Bonus  
2**

# Their Minds

Snowboarding and Video Game Views



M  
M  
H  
ill

/

# Milestones

**8 YRS**

**TEENS**

5000 Suicides

Boston

Railroad Tracks

**40 YRS**

**BIG PA  
Destiny  
!**

Tampa



Controller

Supporter

Promoter

Analyst



[Redacted area]

**SOLD**

**FOR  
SALE**

[Redacted area]

You are...

Peers

Friends

Heroes

**#YouRtheOne**  
**#inYourChair**



**Please Stand Up**

**Repeat 3 Times**

***“I, can change,***

***people’s***

***lives.”***

# Paired Share 2 positive

How can you newly  
influence someone  
#inYourChair...

Eagles Courage  
Bonus 2

- 
- PICK A PARTNER
  - YOU DO NOT KNOW

“G”

#YouRtheOne  
#inYourChair

THANK YOU, PA!

#TripleMPA

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**Q & A**

**Answer  
Your  
Curiosity**