

An Introduction to AWE

Services, Support, & School Impact

Empowering Schools. Inspiring Students. That's **AWE**.



AWEwellness.org

Who We Are

AWE (Awareness, Wellness, Enjoyment) was founded by experts in neuroscience, psychology, education, and behavioral science. We recognized early on that digital dependency is only a symptom of a larger issue. Behind the screens, today's students face racing thoughts, emotional dysregulation, and a profound lack of genuine human connection. We built AWE to address this unprecedented isolation.

The Challenge

Schools are dealing with overwhelmed internal support systems and deepening student loneliness. While resources are stretched thin during the day, a significant gap remains on nights and weekends. Furthermore, existing solutions—like generic apps or one-off assemblies—offer only surface-level fixes that fail to address the systemic pressures students face.

AWE provides the everyday coping skills students need to thrive.

Our Value Proposition:

Bridging the Gap

AWE acts as an essential safety net, providing a reliable touchpoint for students to manage stress when school resources are stretched thin. We do not diagnose, label, or prescribe. Instead, we provide a structured layer of behavioral science-backed support tailored to the rhythms of independent schools.



AWE offers everyday *"emotional scaffolding"* to support students' well-being as they face typical teenage challenges, from test anxiety to social pressures.

Always **On** Support

Student well-being doesn't end with the school bell. Our "Always On" program ensures students have support exactly when they need it. We provide live weekly sessions and a custom-built platform offering 24/7 access to counselors, workshops, and our complete digital ecosystem:

ADHD & Anxiety Support



Non-clinical, skills-based coaching that builds practical focus systems working with each student's brain.

Combating Isolation



Fostering authentic, face-to-face connections beyond social media to build a foundational sense of belonging.

Emotional Regulation



Equipping students to identify triggers and manage impulses so they can respond to stressors, rather than react.

How We **Support** Your Students



With AWE's support, students can transition from the heavy weight of burnout and isolation to a calm, focused, and thriving state of mind.



Our **holistic programming** goes beyond specialized support to cover:

Digital Balance

Our flagship Digital RESET uses a 25-minute, science-based approach to shift the nervous system from fight-or-flight into a calm, learning-ready state.



Performance & Productivity

Transitioning students from a burnout-driven 'hustle' mindset to sustainable, high-performance habits.



Proactive Support

Timely interventions that address stress and peer pressure, building healthy habits before struggles intensify.



Implementation & Partnership

Let's Talk



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AWE's programs are designed to become an integrated part of your school community, not a separate add-on. We offer flexible delivery models that work with your schedule and budget - including group workshops, individual student coaching, and professional development for faculty (*because preventing staff burnout is just as critical*).

Let's talk about bringing our programming to your campus, so every student and faculty member has the credible, approachable support they need, long before a crisis arrives.