



AN ENGAGING, READY TO USE PROGRAM THAT SHOWS YOUNG PEOPLE HOW GOOD IT CAN FEEL TO DO GOOD (ON THEIR OWN TERMS)

Easily adapted to a semester's curriculum, school vacations, and after-school programs.

We designed Maac to give you:

CONCRETE TOOLS

Videos, manuals and workbooks detailing twenty exercises that help students come up with ideas, decide on one to start with, develop their motivation and a super simple action plan to carry it through.

TIME

No long training sessions. No curriculum planning. We've tried to make this as 'plug and play' as possible. We give you step-by-step guide, ready-to-use worksheets, short explanatory videos to watch on your own time (even right before each session if you want!).



No more slogging through service learning lessons with bored young people.

We know how frustrating it can be to see potential in young people, to know that not only they *can* do better, they *want* to do better.

We want to make it easier for young people to feel good by doing good.

We want to make it easier for you to help them do that.

Three keys to motivation

Autonomy • Competence • Connection

Research shows that our motivation to help others is powerful and genuine, but it needs to be handled with care.

The value Maac adds to many service programs is the emphasis it places on encouraging a sense of autonomy, competence and connection in the people doing the projects. It's almost as if the projects are a means for giving young people an area to develop autonomy, competence and relatedness rather than an end in itself. Each young person develops a project they decide (autonomy), based on what they like and are good at (competence), to address something that matters to them (connection).

Maac has been used successfully in a wide range of settings with young people from a variety of backgrounds. It has been applied in lower and upper secondary schools, in public and private schools, as part of civic learning and service learning programs, and in after-school and vacation programs.

Real Maac Stories



Ryan does football tricks in the street to give commuters a Monday morning boost.



Leo helps his teachers integrate Harry Potter examples into their lessons.



Phoebe makes brownies for a homeless shelter.



Adam & Leah started a compliment board in their school.



How does it work?

You select the package that works best for you, to get access to the Maac method. You then adapt it to best suit you and your students. The method consists of 20 exercises, and can be done in as little as two half days, or as much as a weekly class over a term.

www.maac-lab.com

YOU CAN
CHANGE LIVES.
WE MAKE IT
A LITTLE EASIER.

Feedback from educators

Maac should be part of every school curriculum. It's a gift to every young person who gets to experience it.

Manuela, Educational Consultant, Switzerland.

Doing these workshops has shown me a different side of these kids and it's given me an enormous boost. Not to mention great projects that can really work!

Emilie, Educator in a Juvenile Detention Facility, France.

and from students

The sessions went by fast, it's really cool how it makes you think, like there are tons of things we can do for people.

Lucas, age 14, France.

Normally in school, the exercises are always the same. Here you really feel like it's about your own idea and your personal experience. I liked it a lot.

Emma, age 16, France.