THE FOCUS FORMULA®

Developing Focus • Listening • Confidence • Success



How Can We Help Your Child *Thrive?*

Every child is unique. Help us learn more about your child and your family's goals so we can recommend the right program, support, and next steps to help your child build focus, listening skills, confidence, and lifelong success.

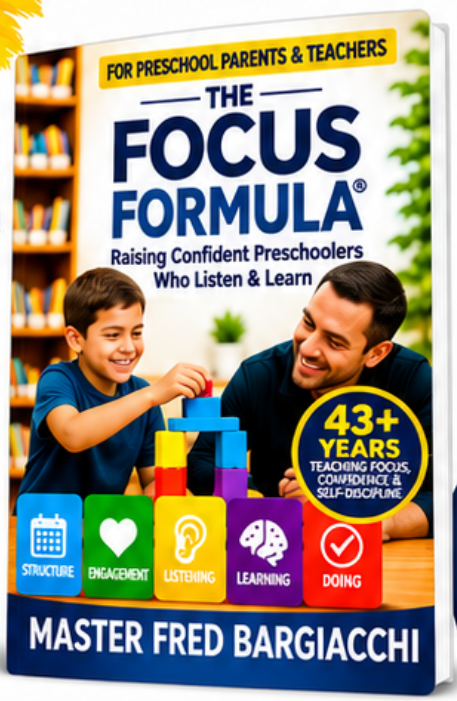
- **Improve Focus**
- **Strengthen Listening**
- **Build Confidence**
- **Thrive at School & in Life**

43+ Years of Experience

Master Fred Bargiacchi

Author • Educator • Youth Development Expert

- Over 43 years of teaching children and families
- Founder of American Self Defense & Fitness Center – ***Rochelle Park***
- Author of *The Focus Formula®*
- Helps children develop the skills to focus, listen, learn, and thrive



Complete Our Getting to Know Your Child & Family Survey

- ***A Quick & Easy Survey (Takes Just 2–3 Minutes)***
- **Share Your Child's Strengths & Challenges**
- **Help Us Recommend the Best Next Steps for Your Family**

www.thefocusformula.net