

# Ultimate Life Summit

## Frequently Asked Questions

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**What is the Ultimate Life Summit?** The Ultimate Life Summit is a dynamic youth empowerment and leadership experience that inspires students to discover and harness their true potential. Over a transformative week, 100 students from around the world attend workshops and engage in activities guided by experts in youth empowerment. We focus on the 7 Mindsets, a proven framework for achieving a meaningful life, and empower participants to create actionable plans for their future.

**What can my student expect while at the summit?** From the moment students walk through our doors, they are embraced, celebrated, and welcomed, no matter what they've experienced before arriving. Some students may come a bit reserved and unsure of what to expect, but they will quickly find that ULS is a safe space designed for growth and connection. ULS is like a family; the environment creates a sense of community in which students feel free to be their authentic selves. Students will have eye-opening moments, share laughter, maybe shed a few tears, and definitely have a lot of fun. But most importantly, they will experience a transformation. Every part of the summit is designed to be inspiring and exciting, and students are given the tools, support, and belief to see a world of endless possibilities.

**What are the requirements to attend?** Students must be 15-18 years old, fluent in English, and attending ULS for the first time. We're looking for open-minded individuals ready to engage in this life-changing experience, meet new peers, and embrace personal growth.

**What will students learn at ULS?** Students will attend interactive sessions on the 7 Mindsets, a research-based framework designed to help them think differently and unlock their potential. They'll also participate in workshops on business, music, financial literacy, and more. These workshops are led by industry professionals and are designed to provide practical skills and knowledge. Additionally, students will create their Ultimate Life Plan, which guides them in setting actionable steps to achieve their goals and build strategies for long-term growth and success.

**How can my school, district, or organization send a group of students to ULS?** We are thrilled to offer this life-changing experience to your students! We work closely with organizations to ensure a seamless process for their students and families. Groups are limited to 10 students, as we encourage participants to branch out and meet new people. To learn more or discuss how your organization can bring students to ULS, please email Matt Smith at [matt.smith@7mindsets.com](mailto:matt.smith@7mindsets.com) to schedule a time to connect.

**What is the process to be accepted?** The first step is to complete an application, which must be filled out by both the parent/guardian and the student. It includes a student questionnaire, and we encourage students to provide thoughtful responses. Since we receive more applications than available spots, we review each one carefully as it helps us determine the student's readiness to fully participate in the summit experience. You will be notified within two weeks of submitting an application if you are accepted.

**What does the tuition cover?** Tuition covers everything students need once they arrive and includes:

- Seven nights stay at the Hilton Orlando Lake Buena Vista - Disney Springs.
- All meals from lunch on July 13 until breakfast on the last day.
- Park tickets to Disney's Magic Kingdom and Hollywood Studios.
- Eight T-shirts (one for each day).
- All course materials.
- Access to 11 monthly post-summit webinars.

*\*Travel expenses to Orlando, Florida, are not included in the tuition and are the responsibility of the families and/or the sponsoring school or youth agency.*

**Is financial assistance available?** Yes, partial scholarships are available to help lower the cost of tuition and do not cover travel expenses. Please note that we do not offer full scholarships. Awards are granted based on the need demonstrated and the availability of funding on a first-come, first-served basis. The sooner students apply, the better their chances of receiving a scholarship. To apply, students must complete the scholarship request questionnaire in the student application.

**If accepted, how soon do I have to make a payment?** Once accepted, a \$100 deposit is due within 7 days to secure your spot. The remaining tuition balance is due by June 15, 2025. We offer flexible payment plans, allowing you to pay monthly or at any frequency that works best for you!

**How are travel arrangements handled?** Families are responsible for booking travel to Orlando, Florida. Travel is not included in tuition, and scholarships do not cover travel expenses. If arriving by flight, our staff will pick students up from the airport on arrival day and bring them to the hotel. On the last day, we will provide transportation back to the airport. Once accepted, students will receive detailed information, including ideal arrival and departure times. All travel arrangements must be made by June 6, 2025.

**How is student safety ensured at ULS?** At ULS, student safety is our top priority. We have detailed safety protocols in place to ensure the security and welfare of all our students during the event. The Hilton Orlando Lake Buena Vista—Disney Springs, our venue, is located on Disney property and meticulously designed to keep children safe and out of harm's way. We work closely with the hotel's security team to ensure the safety of all our students and staff. All staff undergo a rigorous screening process and receive extensive training to be vigilant about student safety and attuned to students' needs. Parents can rest assured that their child's safety is our utmost concern.

Here are just a few of the security measures in place to keep students safe:

- Students will be under constant supervision of ULS staff. We intentionally strive for a student-to-staff ratio of at least 4 to 1. This ratio means for every four students, there is one ULS staff member.
- All students are assigned to a Summit Group with 8-10 students and are in the care of a guide staff member who ensures their daily supervision, accounts for all students during activities, and maintains strict adherence to safety measures.
- All meeting spaces are monitored by security and exclusively reserved for our group. Only individuals wearing a ULS badge and ULS t-shirt are allowed entry into the meeting spaces.
- Security is positioned on the floors to ensure no one leaves or enters student rooms.

**How are room assignments handled?** Students will receive their room assignments upon check-in at the hotel. All students will share a room with another student of the same gender and similar age. We take extra care to ensure everyone is comfortable with their rooming arrangements, and students will have contact information for staff in case they need to discuss any issues or concerns related to their room.

**How can I keep in touch with my child during the summit?** While we encourage students to be fully engaged during sessions, they can communicate with you using their cell phone or any method that works for them throughout the summit. We also send daily emails to parents with highlights from the day to keep you involved in your student's journey. Additionally, all parents will receive staff contact information and are welcome to reach out anytime.