

What Readers Are Saying About the Book

Character Champions: Conquering the Extremes Coaching and Mentoring Tools for Developing and Increasing Psychological Wealth

Character Champions is a beautiful and colorful work of art with a powerful message to youth. Soaring with one's own unique strengths while accepting differences in others is an important lesson for kids to learn early in life. It is a gift that will keep on giving for a lifetime.

---Carolyn Kalil Best Selling Author of Follow Your True Colors to the Work You Love.

This method of character analysis is a powerful tool for learning more about human nature for all ages. It is a must-read for youth and adults in a time when our world is facing its own "Attacks of the Extremes". I highly recommend this book to all parents and educators as a graphic way to communicate goals and behavior standards using a common metaphorical language. This model has been used for the past ten years with high school students mentoring elementary students in character education and for inspiring the love of reading. The C.C. M.O.R.E. Service Learning Program was awarded the National Education Association Award for Outstanding Service Learning Programs in 2004. The lesson plans are aligned with language arts standards as well as other academic areas.

---Connie Spencer National Board Certified Teacher; District Teacher of the Year Walnut Valley USD; Two-time Walnut High School Teacher of the Year Language Arts Teacher

Everyone should read this book so they can learn to think and act like Character Champions and S.O.A.R., not Sink! Learning about Character Champions helps me make champion choices. When I grow up, I want to become a Success Coach! Read this story if you want success. I have gone from being a D student to a B student because I value success now.

---Devin Gonzalez Sixth Grade Student

The Character Champions Framework is one of the most innovative and exciting educational models that I have seen in the last thirty years.

---Retired Director of Pupil Services/Alternative Education Principal

When I first learned about the Character Champions Framework, I knew I wanted to make it a school-wide program, and I did! The results were incredible. Discipline improved, relationships became closer, and we had fun using the program. I am grateful to Dr. Ketterman for bringing Character Champions to my school. This is a great program for kids and adults who want to build character and become better citizens. It builds the foundation for creating bully-free schools by making your school a school where everyone acts like Character Characters and kindness becomes the norm. I became principal of a new school and took Character Champions with me.

---Jeri Mullen Retired Elementary School Principal

We are learning to "coach ourselves" by remembering the lessons taught through the story in this book. Read this book so you can learn to "Coach Yourself" and "Outsmart the Extremes" and S.O.A.R. for success like we do. Ask yourself, "Is it kind?" before you act.

---Jessica, Luke, Mesha, and Neo

It has taken over thirty years to put together the ideas, experiences, and research contained in this book. It brings the world of positive psychology to everyone in an easy-to-use and remember language that has the power to transform the way we think and act in positive and powerful ways. The profits from this book will be used to fund Character Champions® Success Coaches in schools to promote and support bully-free and character strong schools employing service learning methods by partnering with the Character Champions Foundation Inc. (www.characterchampionsfoundation.org).