

*Flying without a Helicopter*

*How to Prepare Young People for Work and Life*

By Morgan Amos

The title says it all, *Flying without a Helicopter How to Prepare Young People for Work and Life* is a book geared toward providing millennials the information needed on ways they can succeed within life and work. Each chapter is an instructive guide to ways in which millennials can find that balance of learning how to become independent, well-rounded, successful adults. Offering this information through personal experiences from the author Dr. Joanie B. Connell, insight from employers in various positions including CEO's, Managers, etc. as well as a formula for which Dr. Connell calls REAL, Resilient, Empowered, Authentic, and Limber, allows the reader to utilize this information with the intent to education, empower, and motivate.

*Flying without a Helicopter How to Prepare Young People for Work and Life* isn't just for millennials as Dr. Connell states. She writes, "This book is about what it takes to be successful in the workplace and how to get there. It's about parenting, educating, and managing to help kids and young adults build the skills and inner strength to succeed in an increasingly competitive world. It advises parents, educators, and managers on what is important to help produce healthy, independent, self-reliant employees who will thrive on their own instead of running home to mommy and daddy for support and protection."

While Dr. Connell does a fantastic job of stating the importance of being an independent, successful individual by using various scenarios, models, and exercises, some may disagree with her perspective (specifically millennials), but the reality of it is not to enrage, downplay, or discredit millennials in anyway, rather it's to allow them the chance to understand the significance of being a self-sufficient adult, and the only way to do that is by growing, learning, accepting, and persevering through life's challenges.

*Flying without a Helicopter How to Prepare Young People for Work and Life* is an easy, informative, engaging and thought-provoking guide into how to prepare young adults for the real world. And while hearing the truth isn't always kind or fair, it's needed. Everything has its time and place, and while hiding

from the sometimes brutal and honest ways of society may be beneficial for a period of time, it's best to grab the bull by the horns taking and accepting every challenge, for it is the lessons learned and the overall outcome that will provide you with the tools needed to be that courageous, self-sufficient adult.

Dr. Connell's book provides youth, parents, and educators' alike insight on the meaning of being independent and how to achieve as well as maintain it. Dr. Connell gives it to you straight, unwilling to sugarcoat or pacify the truth. Her unwillingness to hinder not only youth but the youth's parents provides for a great conversation starter between youth, their children, as well as others to determine the ways in which we can put the unnerving fear of allowing youth to be mature and confident in their ability to be as Dr. Connell states "REAL."

"My goal is to help young people be better prepared for work and life—to help them be self-sufficient, productive members of our society—and to encourage parents to let go and count on the kids to figure it out," Dr. Connell states. *Flying without a Helicopter How to Prepare Young People for Work and Life* definitely does this, and is worth taking a look at if you are in fact a parent wondering how to better prepare your child for the world, an educator wondering if in fact the youth you just hired will rise and go above and beyond your expectations, or the young adult wondering what's next within your life and how to go about facing these changes.