



Reach for the Stars ATX
Enriching & Elevating Kids' Lives



UPDATED

Reach for the Stars ATX

Workshop Catalog

PRIVATE CLUBS 2026/2027

My almost 10 year old LOVED the class we took with her!!! Top notch!

1d Love Reply

what class did she take? We love them!! ❤️



REACH FOR THE STARS ATX

Enriching & Elevating Kids' Lives

Fun, hands-on etiquette and social skills workshops that boost kids' confidence while enhancing behavior, engagement, and the overall club experience.



My almost 10 year old LOVED the class we took with her!!! Top notch!

22h Love Reply

Thank you for posting this gem!

1d Love Reply

The Breaking Bread class is also fantastic! My kids absolutely loved it and learned so much.

1d Love Reply



Hello, it's nice to meet you!

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Since 2021, Reach for the Stars ATX has been dedicated to positively impacting the lives of children and teens. By collaborating closely with private and membership-based clubs, we create tailored educational workshops and events that align with each club's unique values while elevating the experience offered to members and their families.

What Makes Reach for the Stars ATX Special?

Modern Manners, Reimagined

Reach for the Stars ATX presents etiquette and social skills—often taught in rigid, outdated ways—in a format that feels relevant, engaging, and enjoyable.

Building Real-World Social Skills

In a supportive, interactive environment, children strengthen communication, teamwork, problem-solving, and decision-making skills. These are skills they can immediately apply at the table, in conversations, and in everyday interactions.

Thoughtfully Designed for Every Age

Age-specific workshops for children, tweens, and teens provide a meaningful enrichment option for age groups that can be challenging to program, ensuring strong engagement at every stage.

Elevating the Club Experience

Our programs generate revenue while encouraging confident, courteous behavior throughout the club—creating a more enjoyable environment for children, parents, and members alike.

Turn the pages to learn more!

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About Us



Reach for the Stars ATX

ENRICHING & ELEVATING KIDS' LIVES

Reach for the Stars ATX specializes in character-centered education for young people and works closely with families, schools, and community organizations to meet their unique educational needs.

Reach for the Stars ATX enriches and elevates kids' lives, and provides them with the tools they need to succeed in school and beyond.

We are proud to be an official enrichment program for elementary schools within the Lake Travis, Eanes, and Dripping Springs Independent School Districts.

Founder & Creator



Hello! My name is Barbara Achilles Minardi. I am a mom of two, and former program-coordinator for an educational non-profit centered around life skills and academic enrichment. My background reflects my passion: working with young people and helping them live happier and healthier lives.



Mission

At Reach for the Stars ATX, our mission is to enrich and elevate the lives of young people by equipping them with the tools for success both inside and outside the classroom. We do this by centering around character education, modern manners, and leadership development.





PositiviTea

OOO
**Ages 5-10
2 hours**

A workshop for the littlest of learners on positivity and seeing the teacup as half full

Reach for the Stars ATX's PositiviTea party is a fun-filled and festive event that will leave the littlest of learners with full hearts and bellies. With tasty treats curated by club chefs* and engaging hands-on activities that foster positivity and kindness, children will have fun while learning to see the teacup as half full.

Get your fancy hats and pearls ready. Costumes are highly encouraged!

PositiviTea is the only workshop option for children as young as 5 years old.

*Optional add-on for food to be prepared by Rose Haven Bakery based out Dripping Springs

Modern Manners

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Ages 6-10
2 hours

A workshop on treating others with respect and courtesy

Not your Grandma's finishing school, this course teaches children how to consciously engage with each other in real-life social settings.

Young people will be introduced to the Golden Rule and guidelines on how to treat others with courtesy and respect. "Please" and "thank you" don't just sound good; this course aims to show how words and language have the power to shape our world. Acceptance, empathy, and the importance of active listening will be discussed.





Ages 6-10
2 hours
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Kindness + Positivity

A workshop on countering negative thinking and seeing the world through a positive lens

Kindness is teachable and contagious and promotes a more positive world. This workshop aims to show young people how kindness and positivity are important for a healthier and happier life, not just for ourselves but for those around us. The course also focuses on the ripple effect of kindness, countering negative thinking, and viewing the world through a positive lens while promoting self-awareness, positive self-talk, and self-confidence.

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Hachiko & other Lessons of Loyalty

**Ages 6-10
2 hours**



A workshop on loyalty, trust, and friendship

First held during March's National Cherry Blossom Festival, which commemorates the gift of Japanese cherry trees from Tokyo to Washington D.C. as a symbol of friendship, this workshop focuses on another Japanese symbol: the dog Hachiko. The workshop centers around Hachiko's story, his embodiment of loyalty, trustworthiness, and friendship, as well as other similar stories.

Loyalty and trustworthiness are two of the most important traits children can have. They are the glue that holds friendships together. These traits are also important as children grow and crucial to being a valuable leader, teammate, or co-worker.

Teaching a child who they can trust, and why, is just as important as teaching a child how to be trustworthy. This workshop also introduces kids to the importance of limiting their trust and creating boundaries with people they don't know well.



Being Kind to the Earth

A workshop on extending kindness to the Earth

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**Ages 6-10
2 hours**

First held on and in honor of Earth Day, this workshop teaches children why it's important to extend kindness to our planet every day. The concept of "Reduce, Reuse & Recycle" will be a focal point, along with age-appropriate introductions to pollution, conservation, and environmental issues affecting the planet. Ideas on ways to protect the Earth will be discussed along with small, incremental changes that we can make at home that make a big impact on Earth conservation.

Education is the main instrument for change, and by planting these seeds early on, we set the stage for young people to grow into responsible and caring adults for the benefit of everyone that calls planet Earth their home.

Super Leaders

**Ages 6-10
2 hours**

A workshop on unleashing your leadership superpower



Super Leaders invites young minds to unleash their leadership superpowers! Join us as we blast off on a hands-on adventure that awakens our strong and confident inner leader.

Drawing inspiration from historical legends such as Malala Yousafzai, Walt Disney, Abraham Lincoln, Jane Goodall, Cesar Chavez, and Nelson Mandela, participants will learn the secrets of outstanding leaders, master the art of effective communication, sharpen decision-making skills, unravel the mysteries of problem-solving, and unlock the power of strategic thinking.

Let's make leadership an absolute blast with Super Leaders!



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Ages 6-10
2 hours

Nuptial No-Nos



A workshop on wedding day "I dos" and "I dont's"

Because wedding season is always right around the corner, this workshop introduces kids to wedding etiquette, or "wed-etiquette" and gracious guest guidelines.

In this workshop, children will learn what to expect during a typical wedding ceremony, the who's who of the wedding party, reception meal manners, dance floor decorum, and other nuptial necessities.

Since weddings are as varied and unique as the people who are in them, the children will be introduced to the distinctive elements of traditional Christian, Hindu, Jewish, and non-denominational ceremonies.

Tea Time - Steeped in History

NEW!



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Ages 8-16
2 hours

A Legacy of Love, Trade, and Tradition

Tea is more than just a drink—it's a tradition that has shaped cultures, history, and daily life around the world. In Tea Time: Steeped in History, students explore the journey of tea from ancient civilizations to modern times, learning where tea comes from, how it is grown and processed, and what makes different types of tea unique.

Participants discover the global impact of tea through trade, culture, and tradition, then learn the foundations of English tea etiquette, including the customs and manners that made tea a shared social experience. The workshop includes guided sampling of teas from around the world, giving students a hands-on way to connect learning with experience.

This engaging workshop builds cultural awareness, curiosity, and confidence—helping students connect history, tradition, and modern life in a meaningful and memorable way.

Loose Lips Sink (Friend)Ships



Ages 8-14
2 hours
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**A workshop on tattling, telling,
gossiping & venting**

"Words have no wings but they can fly a thousand miles" -Korean proverb

Understanding the subtle yet significant differences between tattling, telling, gossiping and venting is hard for people of all ages, much less kids. In this workshop, children will learn when it's best to keep quiet and when to speak up, and how to speak their minds and express their feelings while being mindful of others.

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From Out of the Ashes

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Ages 8-14
2 hours

A workshop on grit, resilience and growing from adversity

The American Psychological Association states that "grit is what separates the very best from those that are simply good enough". In this workshop, kids will learn about grit, resilience and growing from adversity. The legend of the Phoenix will be discussed as will more modern stories of those who have overcome great obstacles and persevered.

Perhaps the most important of the character strengths, grit and resilience are reliable predictors of success, Unlike intelligence and IQ, which are more or less fixed, grit and resilience can be taught and developed. The importance of growth mindset, hard work, and failure as part of the learning process will also be discussed..

Breaking Bread



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Ages 8-16
3 hours

A workshop on navigating various dining situations with confidence

From holiday feasts to backyard BBQs, this 3-hour course is designed to help guide young people on how to graciously navigate various dining situations with confidence.

With less emphasis on outdated rules and more emphasis on mealtimes as a means to build community, Breaking Bread brings friends and families closer together, develops social skills, teaches respect and consideration, boosts confidence and self-esteem, prepares for future success, and promotes health and hygiene.

Table manners and dining etiquette including table settings, utensil usage, food handling, and gracious guest guidelines will be covered. At the end of the workshop, students will have the opportunity to “break bread” together and practice their new skills over a delicious 4-course meal.



Curious Courtesies: Odd Origins of Everyday Etiquette

**Ages 8-16
2 hours**

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A perfect blend of fun and information, this workshop satisfies young people's curiosity and answers their favorite question: "why?"

Welcome to the wacky world of Curious Courtesies. Contrary to the belief that manners and etiquette were invented by bored aristocrats to torment children and adults alike, the history of societal expectations is actually filled with meaning and intrigue.

Ever wonder why a gentleman tips his hat when greeting someone? Or why the act of cutting salads is frowned upon? Why utter "bless you" when someone sneezes? And, really, what's the deal with no elbows on the table?

Through amusing stories and discussions, Curious Courtesies brings history to life, making the learning experience not just educational but also fun! It's not merely about memorizing rules; it's about understanding the stories and traditions behind them.

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Netiquette: Digital Diplomacy

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Ages 10-16
2 hours

A workshop on being respectful and responsible online and protecting others from harmful online behavior

Netiquette: Digital Diplomacy helps shape a kinder and more positive online world and empowers young people to be polite, respectful and empathetic digital citizens. Topics include:

- Cyberbullying: What it is, how to recognize it, and how to respond if it happens to someone they know.
- Respectful Online Behavior: How to communicate with others online in a polite way, and the importance of treating others the way they would want to be treated.
- Digital Citizenship: The responsibilities that come with being a member of an online community, and how to be a positive contributor.
- Online Safety for Others: How to recognize and report inappropriate behavior online, and how to support friends or family members who are experiencing cyberbullying or other forms of online harassment.

Netiquette: When Sharing is Not Caring

Ages 10-16
2 hours
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**A workshop that encourages being
mindful of sharing information and
how to protect oneself online**

Netiquette: When Sharing is Not Caring encourages young people to be mindful of the information they share online and gives them the tools to protect themselves and safely navigate the online world. Topics include:

- Online Privacy: The importance of protecting personal information online, and how to create strong passwords and use privacy on social media and other websites.
- Online Predators: How to identify and avoid online predators, and what to do if you encounter one.
- Safe online communication: Guidelines for chatting, messaging, and video calling.
- Social Media and Online Reputation: The importance of considering the consequences of online behavior both online and offline.

Babysitter Basics

Ages 10-16
2 hours
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A workshop on the basics of confident caretaking and starting your own babysitting business.

Being a babysitter to little children is a rewarding job for young people, but it comes with big responsibilities. This 2-hour workshop and certification course introduces tweens and teens to the skills needed to become confident and capable babysitters.

Topics include:

- Basic Childcare Skills
- Safety and Emergency Preparedness
- Understanding Child Development
- Behavior Management
- Health and Wellness
- Professionalism and Responsibility
- Nutrition and Meal Preparation
- Technology and Social Media Safety
- Building Confidence and Leadership Skills

*While basic first aid and CPR will be covered, participants will not be first aid or CPR certified through this workshop. Assistance on how to receive these certifications will be provided.

Breaking Bread: Masters Series

NEW!



Ages 8-16
2 hours x 3
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A 3-part workshop on mastering the tricky bits of dining.

Breaking Bread: Masters Series is an advanced dining workshop for students who have already completed Breaking Bread and are ready to tackle the foods that test even experienced diners.

Over three 2-hour sessions, students face the ultimate dining challenges: steak and chops, slippery salads, twirling spaghetti, tricky fish and seafood, scattered grains and stringy vegetables.

Each session builds on what students have already learned, introducing strategies for handling these new “tricky bits” with confidence. Students then put their abilities to the test during a guided dining portion, practicing proper technique.

Through hands-on practice, participants sharpen their skills and gain the kind of confidence that turns a tricky meal into a chance to shine. By the end of the series, students leave ready to approach any table with the poise and confidence of true Breaking Bread Masters.

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Photo taken August 5th, 2023, at Cimarron Hills Country Club

Thank You !

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With gratitude to our supporters and collaborators:

- Lake Travis Independent School District
- Eanes Independent School District
- Dripping Springs Independent School District
- Lake Travis Community Library
- Westbank Library System
- The University of Texas Club
- Austin Country Club
- Westwood Country Club
- The Club at Horseshoe Bay Resort
- The Hills of Lakeway/Flintrock Falls Country Club
- The Dominion Country Club
- Cimarron Hills Golf and Country Club
- National Charity League
- Girl Scouts and Scouts of America
- The Positively Healthy Mom Podcast
- Neighbors of Lakeway and Bee Cave Magazine
- Neighbors of the Hill Country Magazine
- Community Impact Newspaper

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Reach for the Stars ATX is a Texas-native, woman-owned small business based out of Lakeway, TX.

Serving Austin, Houston, San Antonio and the majestic Texas Hill Country.
