



JetThrive

by Positive Global Learning

Fall 2025

JetThrive Virtual



- **Pilot 2025: NOV 15, 2025 – JAN 15, 2026**
- **Main Cohort: JAN 15 – MAR 15, 2026**

Join an all-Japan cohort to build belonging, wellbeing habits, and a clear recontract plan during your first months in Japan.

- Weekly modules released every Monday
- Optional live events (3–4, recorded)
- ~3–4 hrs/week (asynchronous-first)
- Mentorship & office hours (optional)

✓ Program Includes:

- Short **micro-lessons** + guided reflections
- **3–4 live sessions** (Holiday Circle • Recontract Workshop • Final Celebration) — **recordings shared**
- **Worksheets & checklists** (PDF)
- **Captions & transcripts** for all videos; camera-optional participation
- **Certificate of completion**

Apply Now!

Pilot rate: **\$200** • Apply by **Nov 10, 2025 (JST)** — **spaces are limited!**

Future cohorts expected **\$250** as mentors/live clinics expand.

positivegloballlearning.org/jetthrive



Belong, reset, decide —
guided support for your first months in Japan



"I learned to love winter—there's a cozy rhythm to it." — Dana, JET alum

What is JetThrive?

A guided, community-based program with short, practical lessons and reflective prompts. Build routines that stick, connect with peers and mentors, and use a simple framework to make confident recontract decisions.

✓ Why JetThrive?

- **Belonging & wellbeing toolkit** for winter
- **Connection map** + simple routines that stick
- **Recontract Decision Toolkit:** values map • pros/cons planner • alumni stories • checklist
- **Community first:** peer circles & optional mentor chats
- Optional **travel meetups** (New Year's in Okinawa, Golden Week, Silver Week)