



## Leadership from Within for Teens

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The teens of today are the leaders of tomorrow. To prepare them for the real world out there, they need to know who they are, based on their character rather than the perception of the world, they need self-esteem, self-confidence, self-worth and the ability to work with and influence others. They need flexibility to look at a situation from different angles to determine the best response.

The 'Leadership from Within' team **designed a program that guides the teens to define their personal vision**, to set goals for themselves using well-formed outcomes and to enable them to achieve these goals and to live to their full potential by moving out of their comfort zone. They will learn how to turn their stressors into motivators that work for them, how to increase their personal efficiency and what tools to use to improve their decision making ability, that are a critical skill when they are moving into the adult world. They will gain the confidence that they need to speak in front of people and to take control of their future.

### Objectives

- To guide individuals to be the change that they want to see in others
- To lead and inspire themselves and others to be their best
- To gain flexibility by viewing the world from different perspectives to gain an objective view
- To use stress to their advantage

### Program Overview

#### Leadership

- What is leadership and when do I lead and when do I follow?
- Why is leadership important to me?
- Why do I want to be a leader?

#### Make Stress work for you

- Why do I stress?
- What is the effect of stress on me?
- How do I analyse my stress?
- What can I do about my stress?

#### Self-Awareness

- Do I do what I do intentionally or do I operate in autopilot
- What are my strengths and how can I build on that to realise my full potential?
- Who am I, what are my values and where do I want to be in 5 years?
- How do I increase my self-awareness?

#### Relationships

- How do I grow important relationships?
- Do I appreciate individualism and build people through recognition, appraisal and positive intent?
- How do I handle and interpret difficult situations with people that is important to me?
- What is important about trust in my relationships?

#### Personal Efficiency

- How do I make the most of my time to ensure a balance between my studies, sports and social life?
- How will it be to be joyful about learning?
- What are my personal priorities and how do I schedule my time

#### Responsibility and Decision Making

- What is responsibility and what do I do about it?
- What tools can I use to help me to make decisions that support my vision and goals?

#### Graduation

- Appreciation and Recognition

To introduce this concept of **Leadership from Within**, we have developed a unique program based on group dialogues and individual reflection. The objectives are for all to model and experience **Leadership from Within**, to build the positive atmosphere with an attitude that enhances personal openness and transparency, to understand group dynamics, to deal with difficult situations and to learn to give and take feedback. Through group coaching individuals get the opportunity to identify what needs to change in order to align with their personal vision and goals, and to move into peak performance. After each session there is individual preparation required for the next session.

Let them live their dream