



Elements of SUCCESS Leadership Course Breakdown by Modules

Module 1: Self Exploration When we understand who we are we can become better leaders. What is passion? How does passion make us better people and leaders?

In Module 1 we breakdown how we have two parts of Self; one that is affected by outside voices (movies, celebrities, families, friends, culture, etc) and the other is who are really are; what we want for ourselves (health, wellness, laughter, positive friends and community, etc). The difference between the two parts of self are based on self-discovery and using the positive outside voices to support us. Participants use the workbook to looks their authentic selves with the idea that when we start to learn what is important to us we can make healthier decisions. Participants use art and writing to describe how they see themselves and their world.

Module 2: Limitations In Module 2, the group is introduced to the idea that when we think poorly about ourselves and believe we can't do something, we limit our little selves which results in limiting our happiness. Using discussion and art as tools for self-discovery we talk about the ways we limit ourselves and prepare for change.

Module 3: Courage Using a coaching platform, we support the participants in transforming their limitations into strengths and look at how they can be courageous in their lives; moving the negative into positive affirmations.

Module 4: Co-operation In Module 4, we start to look at building community. Participants breakdown what community means to them and what a great leader looks like. Through writing and art, individually and as a whole, we define a strong leader and use art to create possibilities. We then bring it back to the idea that if we can define leadership and imagine what a great leader looks like we can be one.

Module 5: Evaluation Using a life wheel we look at the five areas of self that make a person whole: physically, mentally, emotionally, spirituality and socially. The participants then look at how happy they are in each area and set goals to become happier and healthier.

Module 6: Skill Using art and dialogue we examine personal communication styles and what are the best communication skills for each participant are, based on how they identify themselves in the world.

Module 7: Service After completing the first six modules it's now time for the participants to make a decision on how, as a group, they can cooperate to create a Passion Project that is meaningful to them and solidifies their learning. They could choose to do something within their school, do a fundraiser for a charity, or something else in their community that puts their learning into action.

Between Weeks 8-10 participants work on their Passion Projects, track their progress, work through group challenges and then bring their creations into their communities.