



One Day Youth Agenda

Introduction

Goal: Introduction of Staff; review agenda & seminar goals/objectives

Session 1: Understanding Your Interpersonal Style

Goal: Identify the four interpersonal styles as well as understand how to best relate to each of them. This exercise will identify a key inhibitor to social fitness - communication with different styles and how to relate to them.

Exercise: Complete an interpersonal style assessment

Session 2: True Growth Model/Seasons of Growth

Goal: Understand the True Growth Model; Take an energy audit to determine current levels (Mental, Physical, Emotional, Spiritual); self-assess against 25 behaviors of an Authentic Leader; assess personal Season of Growth.

Exercise: Participants assess what Season of Growth they are currently in by taking the Seasons of Growth and Energy Audit assessments; openly share at table. Plus/Delta Exercise against the 25 behaviors of an Authentic Leader.

Session 3: Values/Values Exercise

Goal: Understand the value of possessing and living clear personal values; participants work within a framework to identify five personal values; assess the importance and energy being applied against personal values and determine where change is needed.

Exercise: Participants work within a framework to identify five personal core values; openly share at table.

Session 4: Behaviors/Behaviors Exercise- Bringing Your Values to Life

Goal: Understand the value and benefits of exercising a set of behaviors to put values into daily practice to strengthen one's fitness in the five strength domains. Introduce the concept of digital discipline and the value of journaling for self-reflection. Identify one supporting behavior for each personal value.

Exercise: Participants identify one personal behavior for each personal value; share with table group.

Lesson 5: Life Story

Goal: Understand the meaning of crucibles and influencers in our lives that mold our values and behaviors; define crucibles, significant events/influencers; discuss the importance of reflection on the past; emphasize the meaning of crucibles and influencers, and, as one matures, the development of life purpose; use selected videos to highlight significant people who lived their life purpose.

Exercise: Participate in a table discussion about purpose; discuss goals and aspirations.

Session 6: Moral Courage

Goal: Participants learn about "the harder right, than the easier wrong".

Discuss historical examples of noted people who displayed moral courage or failed to do so. Participate in a table exercise that incorporates a scenario to be discussed.

Exercise: Participate in a table exercise incorporating a scenario to be analyzed and discussed

Session 7: Ethical Behavior

Goal: Present the principles of ethics and ethical behavior.

Exercise: Participants are given an ethical dilemma scenario that stimulates discussion and identifies possible courses of action.

Session 7: Action Planning

Goal: Present the principles of personal action planning; provide development action planning examples.

Exercise: Participants draft a personal development plan with emphasis on those fitness areas identified as deficient and select an “Accountability Buddy” to work with for the next three months.

Session 8: Receiving & Requesting Feedback

Goal: Present the importance of feedback as a gift, and the methods of receiving and requesting feedback.

Exercise: Participants identify a recent experience with feedback and how he/she reacted. Discuss with table group.

Closing Session