



YOUNG PRACTITIONER OF SELF-LEADERSHIP ADVANCE

Training of life skills and personal development for youth and students

Young Practitioner of Self-Leadership Advance is an advanced level of the two-part holistic program ***Young Practitioner of Self-Leadership***.

Building upon *Young Practitioner of Self-Leadership Basic*, this program uses more complex coaching and NLP techniques, processes, and contents enabling participants to deepen their work on self-development and take their knowledge, skills, and abilities to an advanced level.

Program *Young Practitioner of Self-Leadership Advance* encompasses unique thematic workshops that enable young people to address themes and questions that are actual and relevant to them, through specially designed individual and group activities.

Program Methodology

Activities in the Program are focused on pedagogical, coaching, and NLP principles and contents, and based on the implementation of a specific NLP or coaching technique, or a combination of a few of them. Each workshop implies several principles and techniques used for the creation and/or realization of activities. The chosen technique(s) are pedagogical tools for addressing the workshop theme through experiential learning. More than 60 coaching and NLP techniques, principles, and contents are implemented at both levels of the program.

Tasks within those activities are various, interactive and participatory, creative and encouraging, focused on experiential learning, self-reflection, enhancing and integrating new experiences and insights.

Young Practitioner of Self-Leadership Advance is implemented through 15 unique thematic workshops divided into 3 modules: ***Self-Scanning Advance, Self-Building Advance, and Self-ReCreating Advance.***

Thematic workshops in the *Young Practitioner of Self-Leadership Advance Program*

I Module Self-Scanning Advance includes 5 workshops:

1. *Personal Development*
2. *Resources and Resourceful States*
3. *Emotions and Empathy*
4. *Goals and Focus*
5. *Beliefs and Limitations*

II Module Self-Building Advance includes 5 workshops:

6. *Presentation Skills*
7. *Creation of Interpersonal Relations*
8. *Making Decision*
9. *Collaboration and Teamwork*
10. *My Self-Leadership Theme*

III Module Self-ReCreating Advance includes 5 workshops:

11. *Dealing with Failure and Negative Feedback*
12. *Dealing with Stressful Situations*
13. *Transforming Undesired Behaviour*
14. *Creation of Vision*
15. *Integration and Certification*

Target groups and age of participants

Program Young Practitioner of Self-Leadership Advance is offered to young people aged 13 to 26 and tailored for three age groups. The first age group is *elementary school students aged 12-15*, the second age group is *secondary school students aged 16-19*, and the third age group is *students aged 20-26*.

Duration of the program and Participants' engagement

Program Young Practitioner of Self-Leadership Advance is organized online in real-time or in person. It encompasses **60 hours of education** organized in three modules that consist of 15 thematic workshops and 5 organized sessions with guided practical exercises. The workshops are realized twice a month, for a **period of 8 or 9 months**, depending on the school calendar and public holidays, while the practical exercises are organized after every third workshop and before the certification. *The duration of each workshop and exercise session is three hours* including short breaks.

As well as the Basic level of the Program, Young Practitioner of Self-Leadership Advance is implemented through workshop activities, homework, development of individual certification portfolios, and group peer work on joint certification project.

Program principles and values

The principles and values of the program ***Young Practitioner of Self-Leadership*** stated at the Basic level of the Program are also applied at the Advanced level.

Benefits for the Program participants

The benefit for the participants taking part in the **Young Practitioner of Self-Leadership Advance Program** is a comprehensive work on developmental transformation through building awareness of personal themes and areas of life in which participants want to make a change, defining plans and resources needed for desired transformation, gaining knowledge and skills for making a change based on inner capacities of the participants (Table 1).

Metaphorically speaking this program is a support for the participants on their way from the „place where they currently are“ to the „place where they want to be“.

Table 1.

Benefits for participants	Young Practitioner of Self-Leadership Advance Program
Awareness of actual state and defining the desired transformation through:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> becoming aware of personal themes <input checked="" type="checkbox"/> defining desired outcomes of personal development <input checked="" type="checkbox"/> becoming aware of personal resources and creating resourceful states <input checked="" type="checkbox"/> defining personal goals and action plans for their realization <input checked="" type="checkbox"/> becoming aware of limiting and blocking beliefs and personally undesirable patterns of behavior, and making a plan for their transformation <input checked="" type="checkbox"/> becoming aware of supportive beliefs and patterns of behavior, and their application in different aspects of life <input checked="" type="checkbox"/> becoming aware of own life vision and purpose, and defining ways how to live them
Developing and enhancing abilities and skills for:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> recognizing and expressing own emotions and needs, approaching emotions and needs of others in an empathic way <input checked="" type="checkbox"/> building mutual supportive interpersonal relations, respectful communication, and respect for differences <input checked="" type="checkbox"/> approaching stressful and adverse life situations in a constructive way <input checked="" type="checkbox"/> learning from critique, failure, and feedback <input checked="" type="checkbox"/> managing own behavior <input checked="" type="checkbox"/> teamwork, communication, and collaboration with different personalities <input checked="" type="checkbox"/> presentation skills and authentic ways of presenting <input checked="" type="checkbox"/> efficient decision making <input checked="" type="checkbox"/> active participation in personal and social life
Learning and implementing techniques for:	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> discovering directions for personal development <input checked="" type="checkbox"/> developing vision and setting personal goals <input checked="" type="checkbox"/> defining, planning, resourcing, and following the realization of set-up goals <input checked="" type="checkbox"/> accessing and activating personal resources <input checked="" type="checkbox"/> identifying positive aspects of a certain challenge or problem <input checked="" type="checkbox"/> changing limiting beliefs <input checked="" type="checkbox"/> transforming unuseful patterns of behaviors <input checked="" type="checkbox"/> transforming unpleasant emotional states and states of stress <input checked="" type="checkbox"/> creating states of relaxation, well-being, and pleasant feelings <input checked="" type="checkbox"/> analyzing decision-making options and checking made decision <input checked="" type="checkbox"/> creating and preparing successful presentations and/or public speech <input checked="" type="checkbox"/> building a “communication channel of understanding”

	<input checked="" type="checkbox"/> getting an overview of multi-perspectives <input checked="" type="checkbox"/> constructive collaboration in groups and systems <input checked="" type="checkbox"/> giving and receiving constructive feedback
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The preconditions for participation in the Program

The preconditions for entering the program and participating in it are a) belonging to the targeted age groups, b) an autonomous decision on taking part in the program, c) support, and consent from parents/caregivers for minor participants, d) following agreed rules for the work in group, e) regular attendance and dedication to doing tasks, and f) payment done following the defined payment plan.

The precondition for enrolling in the Young Practitioner of Self-Leadership Advance Program is to complete the Young Practitioner of Self-Leadership Basic Program.

The conditions for getting certification

For getting the certificate, the condition is a minimum attendance of 48 hours of the Program (equivalent to 12 workshops and 4 exercise sessions), a finalized individual certification portfolio, documented participation in the joint certification project in peer groups, and a passed certification exam that includes presentation of the certification portfolio and group presentation of the certification project.

Full payment is also a necessary precondition for certification.

Title on certificate

YOUNG PRACTITIONER OF SELF-LEADERSHIP ADVANCE, ICI

Author and educator

Aleksandra Stamenković, NLP Master Trainer IN, Coach Master Trainer ICI

Founder of the Coaching Institute Moment of Excellence

Aleksandra Stamenković is an Internacional NLP Master trainer IN, international Coach Master trainer ICI, historian, activist, and educator of young people belonging to Generation Z and Generation Alpha. She has twenty years of experience in working with young people through non-formal education in the field of human and child rights, activism, and youth participation in social change. She has facilitated youth groups and organized numerous youth social actions. Aleksandra has led more than 450 different educational activities that involved more than 10,000 young people from Serbia and the Balkan region.