



## **YOUNG PRACTITIONER OF SELF-LEADERSHIP**

### **Training of life skills and personal development for youth and students**

Program ***Young Practitioner of Self-Leadership*** is a training of life skills and personal development for young people aged from 12 to 26 years old.

The training integrates coaching and NLP techniques, principles, and contents with the author's twenty years of experience in working with young people. It is developed with the aim of creating a safe and encouraging space for young people to discover their potential, gain knowledge and skills, make desirable transformations, and live their excellence, becoming, at the same time, (self)conscious, functional, and joyful individuals and members of the society.

The program *Young Practitioner of Self-Leadership* encompasses two levels - ***Young Practitioner of Self-Leadership Basic*** and ***Young Practitioner of Self-Leadership Advance***.

### **YOUNG PRACTITIONER OF SELF-LEADERSHIP BASIC**

***Young Practitioner of Self-Leadership Basic*** is the first level of the program, and it includes 15 thematic workshops divided into 3 modules: ***Self-Scanning Basic, Self-Building Basic, and Self-ReCreating Basic***.

Workshops with each module are designed to follow the process of 1) ***discovering*** individual potentials, personal themes, and goals (***Self-Scanning***), 2) personal ***capacity building*** by ***gaining new knowledge and skills*** (***Self-Building***), and 3) ***creating transformation toward further personal growth and self-development*** (***Self-ReCreating***).

Thematic workshops begin with activities to establish a personal connection with the theme and awareness of the individual experiences of the participants. That is followed by activities of self-reflection, exchange with others, learning, (re)creation of experiences, and to the end, personal integration and feedback among the participants.

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

**I Module Self-Scanning Basic** includes 5 workshops:

1. *Authentic Self*
2. *Discovering Values*
3. *Recognizing Emotions*
4. *Motivation and Accomplishments*
5. *Self-confidence and Self-worth*

**II Module Self-Building Basic** includes 5 workshops:

1. *Communication Skills*

2. *Addressing Personal Dilemmas*
3. *Critical Thinking*
4. *Solving Conflicts*
5. *My Self-Leadership Theme*

**III Module Self-ReCreating Basic** includes 5 workshops:

1. *Regulating Emotions*
2. *Creative Thinking*
3. *Dealing with Overwhelming Busyness*
4. *Strategies of Success*
5. *Integration and Certification*

### ***Target groups and age of participants***

Program Young Practitioner of Self-Leadership Basic is offered to young people aged 12 to 25 and adjusted to 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 20-25*.

The program is adjusted to the target group and age of participants. Each age group follows the same content defined by the program plan and the differences are in maturity, deepness of discussions, and insights, as well as in the approach that participants may have toward the program based on their age, that the trainer adjusts to.

Having different age groups in the program is seen as an encouragement for intergenerational exchange, understanding, support, and collaboration.

When a potential program participant is in between defined age groups or in certain specific cases, the decision on the group which participant will join would be made in agreement with all relevant parts, having in mind the best interest of the participants and the group. This principle is applied at both levels of the program.

### ***Duration of the Program and participants' engagement***

Program Young Practitioner of Self-Leadership Basic 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 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.

Every workshop is realized through the planned activities, but also through the given homework tailored to enable systematization and integration of knowledge and insights gained at the workshop. Homework is used in the process of creating an **individual certification portfolio**. The program also includes working on a **joint certification project** done in the group, encouraging teamwork and collaboration in practice, and resulting in a common product that will be presented at the certification.

## Program principles and values

The principles of the program ***Young Practitioner of Self-Leadership*** and the principles of group work within the program are the following:

**General principles:** respecting identity, integrity, and dignity, human/child rights of each participant, respecting differences and equality, and following agreed principles and rules.

**Specific principles focused on individuality:** encouraging authenticity, creativity, critical thinking, orientation toward personal growth, development, and self-leadership (self-reflection, self-expression, and self-advocacy).

**Specific principles focused on togetherness:** humaneness, ethics, empathy, solidarity, tolerance, constructiveness, collaboration, respectful communication, dialogue, contribution in creating a safe space, and mutual support in the group.

**Specific principles focused on activism:** critical thinking in an informed way, education as formation, responsibility, participation, advocacy, contribution to the community and social values, and transferring this model to other relations, systems, and contexts.

## Benefits for the Program participants

Participants in the ***Young Practitioner of Self-Leadership Basic Program*** get an opportunity to become aware and integrate their insights, develop and improve their skills and abilities, and learn and apply about 30 techniques for personal growth and development (Table 1).

**Table 1.**

Benefits for participants	Young Practitioner of Self-Leadership Basic Program
<b>Becoming aware and integrating personal qualities:</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> authenticity, sources of inner motivation, own emotions, and potential</li> <li><input checked="" type="checkbox"/> personal system of values</li> <li><input checked="" type="checkbox"/> own communication style, way of forming attitudes and opinions, dealing with personal dilemmas and conflict situations</li> <li><input checked="" type="checkbox"/> capacities for living and acting with self-respect and respect for others</li> </ul>
<b>Developing and enhancing abilities and skills:</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> critical thinking and taking part in argumentative dialogue</li> <li><input checked="" type="checkbox"/> creativity and creative way of thinking and self-expressing</li> <li><input checked="" type="checkbox"/> emotional intelligence and ability of emotional self-regulation</li> <li><input checked="" type="checkbox"/> strategic planning and focusing on goals, resources, and personal growth</li> <li><input checked="" type="checkbox"/> communication and presentation</li> <li><input checked="" type="checkbox"/> self-reflection and self-support</li> </ul>
<b>Learning and implementing techniques for:</b>	<ul style="list-style-type: none"> <li><input checked="" type="checkbox"/> discovering, expressing, and integrating authentic self and own system of values</li> <li><input checked="" type="checkbox"/> mapping and defining themes for personal growth and development</li> <li><input checked="" type="checkbox"/> accessing own resources, sources of self-esteem, and states of relaxation</li> <li><input checked="" type="checkbox"/> recognizing emotions and dealing with overwhelming emotional states</li> <li><input checked="" type="checkbox"/> relieving mental, emotional, and physical burdens</li> <li><input checked="" type="checkbox"/> active listening and building communication rapport</li> </ul>

	<input checked="" type="checkbox"/> getting an overview of multi-perspectives and taking part in constructive conflict resolution <input checked="" type="checkbox"/> recognizing manipulation, misuse of information, and making logical mistakes <input checked="" type="checkbox"/> defining goals, planning and implementing plans for their realization <input checked="" type="checkbox"/> developing and realizing creative ideas <input checked="" type="checkbox"/> addressing dilemmas, making and integrating decisions <input checked="" type="checkbox"/> creating a positive image of self and own abilities <input checked="" type="checkbox"/> modelling of useful skills, strategies, and patterns of behaviour <input checked="" type="checkbox"/> successful advocacy and self-advocacy
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### **The preconditions for participation in the Program**

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

### **The conditions for getting certification**

To get certified within the Program, the condition is a minimum attendance of 48 hours (equivalent to 12 workshops and 4 exercise sessions), a prepared 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 a group presentation of the certification project.

Full payment is also a necessary precondition for certification.

### **Title on the certificate:**

YOUNG PRACTITIONER OF SELF-LEADERSHIP BASIC, ICI

### **Author and educator:**

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

Founder of the Coaching Institute Moment of Excellence

<p>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.</p>
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