



The Leader in You: Leadership 101

Academic Challenge

As a young adult, developing a sense of identity and forming new ideas and opinions is critical to being more independent and self-reliant. Successfully interacting with peers, teachers, coaches and family can often present its own challenges. By growing in self-awareness and improving communication skills and mindsets, young adults will become more confident, competent and capable, unlocking their full potential as leaders.

About the Program

By incorporating a variety of techniques that appeal to young adult learning styles, we maximize participant engagement. We use group-led discussions, Socratic methods and multimodal approaches, such as hands-on exercises, videos, breakout groups and role-playing. The program consists of six highly interactive group sessions, facilitated virtually and in person. Key elements of the program include:



Program Details

Grades: 8th, 9th, & 10th Grades

Price: \$50.00 per student

Time: 4:00 - 5:30 pm

Schedule: Every Tuesday for 6 weeks from January 18, 2022, to February 22, 2022

Location: Zoom

REGISTER HERE: NallyVentures.com/academic-challenge-leadership

Program Sessions

- **What is leadership? & Skills of Effective Leaders**
 - Analyze what leadership means to you.
 - Define essential leadership skills and evaluate your own leadership skills.
 - Understand what is impacting your leadership skills.
- **Self-Awareness & Mindset**
 - Define self-awareness and practice becoming more self-aware.
 - Understand the role self-awareness plays in effective leadership.
 - Analyze the benefits of a growth mindset.
- **Reframing Your Filters**
 - Identify how your personal perspectives, i.e., 'filters' influence your thinking, communications and actions.
 - Learn a proven process to implement a measured response to reframe your thinking.
- **Understanding & Managing Stress**
 - Analyze the different forms of stress, including distress and eustress.
 - Understand how stress impacts you personally and as a leader.
 - Learn techniques to manage stress and develop psychological hardiness.
- **Creating Mindful Connections**
 - Examine the common causes of communication breakdowns.
 - Create mindful connections through the 4C's.
 - Master winning techniques to spark positive communications.
- **Leading Into Action**
 - Review key concepts.
 - Identify top program takeaways and share your commitment to continuous improvement.
 - Create and own an action plan to apply new leadership learnings.



INSTRUCTOR: Jen Walls, Educational Program Manager

- Curriculum developer & program facilitator for Young Adult Leadership Programs
- Certified Secondary Educator
- B.A in History from Washington College

"I definitely already see myself putting these lessons into action. Moving forward I'm going to continue doing a lot of self-awareness and taking accountability in certain situations as well as bettering myself so I can be better for others."

- High School Junior

About Us

Established in 2003, Nally Ventures is an entrepreneurial company founded by Mike Nally, a real estate developer and proven leadership coach. We are a results-oriented business committed to providing solutions in order to take organizations and projects to the next level. We provide an array of services that transform executives into world-class leaders, produce a new generation of highly effective managers and team members, and navigate the maze of real estate development. At Nally Ventures, we take tremendous pride in being a team our clients can trust, respect and rely on to foster new growth for their businesses.