



Aspiring Leader Programs

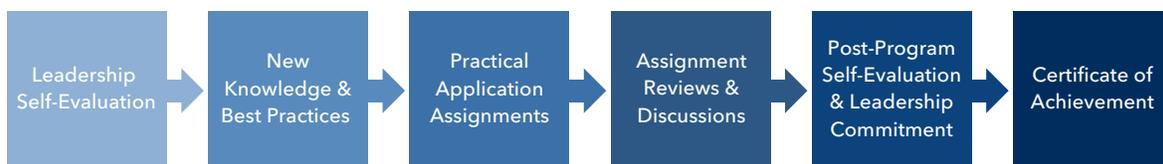
Discovering the Leader in You

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, aspiring leaders will become more confident, competent and capable, unlocking their full potential as leaders.

Visit nallyventures.com/aspiring-leader-programs for information on available programs.

About the Programs

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. Each program consists of six highly interactive 1.5-hour group sessions, facilitated live virtually or in person. Key elements of the program include:



"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

Leading Yourself: Personal Leadership

(Grades 9 - 12)

- **What is leadership?**
 - Question what leadership means to you and examine various definitions of leadership.
 - Explore types of leaders and essential leadership skills.
 - Evaluate your own leadership skills.
- **Reframing Your Mindset**
 - Analyze the benefits of a growth mindset.
 - Understand the science behind a growth mindset and how your brain changes when you learn new things.
 - Leverage the power of "yet."
- **Unpacking Emotional Intelligence**
 - Evaluate the model of emotional intelligence as described by Daniel Goleman.
 - Learn how to boost emotional intelligence in order to be a more effective leader.
 - Lay the foundation for building strong relationships.
- **Understanding & Managing Stress**
 - Analyze the different types 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.
- **Taking Accountability**
 - Understand what it means to be accountable.
 - Learn the importance of owning your thoughts, words and actions.
 - Apply learnings to take proactive accountability for your leadership journey.
- **Personal Goal Setting**
 - Understand the importance of setting goals and the types of goals.
 - Learn how to define clear, measurable and meaningful goals (S.M.A.R.T goals).
 - Identify top program takeaways and share your commitment to continuous improvement.

Communication I

(Grades 8 - 9)

- **Foundations of Communication**
 - Understand verbal and nonverbal communication and how to leverage each.
 - Explore various communication methods.
 - Identify key skills of professional communicators.
- **Communication Breakdowns**
 - Examine the three common causes of communication breakdowns.
 - Understand the harmful effects of ineffective communication.
 - Learn how to identify breakdowns when they occur in order to repair relationships.
- **Mindful Connections**
 - Understand the 4Cs: Connect, Communicate, Collaborate and Confirm.
 - Learn how to create mindful connections with others.
 - Master winning techniques to spark successful and positive communications.
- **Active Listening & Thoughtful Questioning**
 - Define active listening and learn the power of listening and being listened to.
 - Apply tips and steps for successful active listening and thoughtful questioning.
 - Practice empathy and patience in order to be present in conversations.
- **Written Communication**
 - Understand the value of clear written communication and the different mediums.
 - Learn the elements of professional written communication.
 - Strengthen writing skills and self-awareness through personal journaling.
- **Building Presentation Skills**
 - Learn tips for clear, concise, confident and interesting presentations.
 - Deliver a brief presentation to the group.
 - Identify top program takeaways and share your commitment to continuous improvement.

Communication II

(Grades 10 - 12)

- **Owning Communication Breakdowns**
 - Examine the three common causes of communication breakdowns.
 - Understand the harmful effects of ineffective communication.
 - Learn how to own breakdowns when they occur in order to repair relationships.
- **Sparking Mindful Connections**
 - Understand the 4Cs: Connect, Communicate, Collaborate and Confirm.
 - Learn how to lead the conversation and create mindful connections with others.
 - Master winning techniques to spark successful and positive communications.
- **Introduction to Temperaments**
 - Understand the four different types of temperaments as described by Keirseay.
 - Examine the different temperament preferences and styles.
 - Understand the strengths of each temperament and the benefits of cognitive diversity.
- **Speaking Someone Else's Temperament Language**
 - Identify how your own temperament influences your thinking, communication and leadership style.
 - Learn the best approach for communicating with each temperament.
 - Create a script for communicating more effectively with different temperaments.
- **Engaging in Tough Conversations**
 - Gain the confidence to engage in important conversations even when they are difficult.
 - Learn the keys to navigating tough conversations.
 - Understand factors that can escalate tensions and techniques for de-escalation.
- **Leading the Conversation**
 - Learn persuasive messaging techniques.
 - Deliver a brief message to the group.
 - Identify top program takeaways and share your commitment to continuous improvement.

"This training helped me open a new perspective on leadership. At first, I thought that being a leader was simply a title that is given, but throughout the program, I've concluded that being a leader is more than just a title."

High School Sophomore

"Moving forward I am going to keep track of my assignments, be more confident, and stay more focused."

Middle School Student

"I plan to use my newfound skills moving forward to be more engaged in my local community and hold more leadership roles in which I can work to enact the change I wish to see in the world."

High School Junior

"I thought this class was extremely useful and has helped me to try to be a leader in my everyday life."

High School Freshman

"This training helped me to learn to take accountability for my words and actions as well as teaching me to support better relationships with my friends, peers, and family."

High School Junior

Leading Others: Practical Leadership Tools

(Grades 9 - 12)

- **Be a Good Follower**
 - Question what leadership means to you and examine various definitions of leadership.
 - Understand how followership skills can strengthen leadership skills.
 - Explore when to lead or follow.
- **Effective Problem-Solving**
 - Learn how to effectively identify a problem and examine its root cause.
 - Implement a problem-solving methodology.
 - Acquire the steps to successfully solve problems and present solutions.
- **Personal Conflict Resolution**
 - Understand how to diagnose a situation before it intensifies.
 - Assemble steps to move yourself and others through personal conflicts.
 - Demonstrate understanding of conflict resolution steps through a scenario exercise.
- **It's Time to Manage Your Time**
 - Analyze the negative effects of poor time management.
 - Learn the basics of how to determine priorities.
 - Apply new techniques and tips for organizing and completing tasks.
- **Motivating Yourself & Others**
 - Compare the difference between intrinsic and extrinsic motivation.
 - Understand self-determination theory.
 - Examine what motivates you and techniques to inspire others.
- **Effective Planning & Delegation**
 - Implement pre-planning techniques and learn planning steps.
 - Use effective communication to delegate tasks and launch a plan.
 - Identify top program takeaways and share your commitment to continuous improvement.



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

Register for an Aspiring Leader Program

These engaging programs for aspiring leaders can be facilitated through a variety of methods and in a variety of settings. Whether you are interested in joining one of our virtual open programs or bringing these programs to your school, reach out to our Educational Program Manager, Jen Walls, at jen.walls@nallyventures.com or visit nallyventures.com/aspiring-leader-programs to learn more.

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.