



## LEVEL I SAMPLE CURRICULUM

*\*topics are subject to change*

### Past

#### 1. Who are you? Get to know yourself

- a. **Goal:** To lead is to first understand yourself and your story. You have to understand this to know how that impacts your leadership style and others around you.

#### 2. What you THINK and DO (Emergenetics)

- a. **Goal:** Discover more about the way you think and behave in relation to others. Deepen self awareness and strengthen interpersonal relationships, as well as incorporate inclusion by showing them how to respect the opinions of all.

#### 3. What are your core values?

- a. **Goal:** To gain a greater understanding of the core values that are most important to you, and how that shapes your thinking and behavior. Also, explore how personal values function in a team setting and how to manage differences among individual team members.

### Present - In high school and on your team

*Introduce overall idea of Tone, Tolerance and Trust.*

#### 1. Breakout session- teach basic choreography tactics

- a. **Goal:** To teach specific choreography lessons in order to bring back to your choreography groups. This allows you to work on a real project and utilize emerging leadership skills to solve a problem.

## 2. Communication

- a. Goal: Gain a greater appreciation of the importance of effective communication. Learn about the various tools and methods available to communicate effectively, both verbal and non-verbal.

## 3. Psychological Safety: What makes teams work?

- a. Goal: Psychological safety is a shared belief that the team is safe for interpersonal risk taking. Explore this concept through exercises and group discussion.

## Future - college life, work life

### 1. Work with choreography team

- a. Goal: This allows you to work on a real project and utilize emerging leadership skills to solve a problem.

### 2. Leveraging Strengths & Weaknesses

- a. Goal: Understanding that there is no one right way to lead. By understanding the strengths and weaknesses of yourself and those you lead, you can best leverage that information to achieve excellence.

### 3. Panel Speakers- Leadership courage

- a. Goal: Understanding the importance of the role of leadership in your future and having the courage to practice it daily. Leadership is about having the guts, nerve and heart to do things that foster and support the group.

**"Your actions speak so loudly I cannot hear what you are saying."**

**-Ralph Waldo Emerson-**