



CHARACTER
ACADEMY

SESSION OVERVIEW AND LEARNING OBJECTIVES

*Sessions facilitated by Character Academy
faculty and YF facilitators*

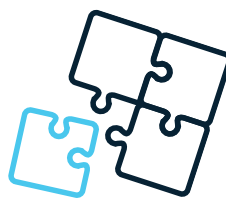
① STRENGTH-BASED LEADERSHIP



Participants will meet their cohort, Youth Frontiers facilitators and get grounded in the purpose of Character Academy: to prepare you for the road ahead. Later that day, participants will work with a Certified Strengths

Communicator to discuss the 34 strengths and how those strengths can help to meet goals and define leadership style. During this session, participants will also learn how individual strengths interact with the strengths of others to form successful teams.

② ADAPTABILITY



As people, we need to be willing to embrace change, not resist it. In this upbeat, on-your-feet workshop, participants will practice the Four Principles of

Improvisation, which will build their adaptability muscle. After the workshop, individuals can use these principles to engage their teammates and say “Yes And” to what happens in the classroom, workplace or team environment.

③ SUMMONING CONFIDENCE



Cultivating a sense of confidence is an essential practice for those who wish to share their purpose with the world. During this session, participants will discuss why confidence matters, and will

learn some practical and science-based techniques to cultivate growth in this area.

④ FINAL RETREAT EXPERIENCE



A full-day retreat with Youth Frontiers Founder and CEO Joe Cavanaugh featuring reflections on wisdom and leadership. Topics explored

will include navigating relationships, remaining grounded during difficult times, leaning into conversation, and leading with character. This is the culmination of Character Academy.