

# SESSION OVERVIEW AND LEARNING OBJECTIVES

*Sessions facilitated by Character Academy faculty and YF facilitators*



## ORIENTATION

Participants will meet their cohort, YF facilitators and review the syllabus and expectations. This initial meeting is designed to build relational trust and get grounded in the purpose of Character Academy: to prepare you for the road ahead.



## THE ALCHEMIST: YOUR PERSONAL LEGEND

Everybody's path is different. This session will lay the groundwork for setting personal goals for the Character Academy experience. Participants will discuss *The Alchemist* by Paulo Coelho, and begin the process of writing "personal legends."



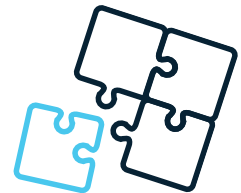
## STRENGTH-BASED LEADERSHIP



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.

## 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.



## UNDERSTANDING THE ENNEAGRAM

The Enneagram is a psycho-spiritual personality inventory. Rooted in ancient wisdom and traditions, it is a tool that can be used to know and guide the self and as a way to be compassionate towards others. Participants will solidify and learn more about their type, gain practical applications of Enneagram awareness and learn about personality as an adaptation and not something that is essential or of essence.



We would love for you to take part in our Character Academy.

Apply now at:

[youthfrontiers.org/character-academy](https://youthfrontiers.org/character-academy)

## COMPASSION AND SELF CARE

Being a leader can be exhausting. When we feel exhausted, it can impact our effectiveness. In this session, participants will learn tools to cultivate compassion for themselves and others. Participants will leave this session more equipped to lead from the heart.



## 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.



## DIVERSITY, EQUITY & INCLUSION

During this session, participants will be led through a conversation guided by an expert that focuses on growth and learning versus judgment.

After this session, participants will have a better understanding of their own cultural background, how that impacts those around them, and what steps need to be taken to continue personal intercultural education.



## THE POWER OF PURPOSE

Purpose gives life meaning. In this session, participants will experience an inspirational lesson that calls on them to identify their personal gifts and talents. This session will help participants identify how their gifts can serve the world's greatest needs. This session will be facilitated by a leading expert on the power of purpose.



## FINAL RETREAT EXPERIENCE

A full-day retreat with YF 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 the Character Academy program and will give participants tools for the road ahead.

