



## **Easy Ways for Teens to Learn Leadership Skills**

### **We need effective leaders**

We need responsible and effective leaders in our communities, our cities, our country and the world. We need leaders in the workplace, in government, and in charitable organizations. Who will become the leaders of the future? The answer is... the teenagers of today.

And, you can help them. Because teens are in school, leadership skills can be added to the curriculum so nobody gets missed. You never know which students will get that spark from your training, and become leaders in your school today and their communities tomorrow.

While that may not be possible in every school, there are other ways to reach today's teens. Youth group leaders can teach the course at recreation centers or religious organizations. Interested parents can start their own leadership group. Home school moms can get together with other home school moms to teach the skills in a group setting.

### **Teens have challenges**

Teens today have a challenging time taking the next step toward becoming responsible adults and contributing to their community.

Between school, work, extracurricular activities, and family responsibilities, there are a lot of things to take care of amid all of the typical distractions in every teen's life.

In addition, they are still trying to learn how to be mature in the way that they handle things and relate to others.

To help meet these demands and to prepare them for adulthood, it is important for teens to learn about and gain leadership skills. Attributes such as: building relationships, communication, public speaking, planning, and taking initiative can all benefit teens in becoming more proactive in the world around them.

These teens will then become the leaders in their schools and future leaders in their communities, workplaces, and their country.

## **The Results**

### **At School**

- Have a positive influence on peers
- Take a responsible role in a school club or committee
- May even become a candidate for school office
- Help others achieve their goals

### **Extracurricular Activities**

- Lead youth groups
- Help the community through volunteering
- Assist charities by fundraising

### **Family**

- Build better relationships with siblings and parents
- Help with responsibilities
- Help plan family activities
- Be a positive role model

### **After School Job**

- Gain the trust of supervisors
- Have better communication with coworkers
- Earn promotions

What's more, all these benefits will transfer over to career skills in the future. Therefore, every school and youth organization should have the opportunity to teach leadership skills to teens. But, it takes time for teachers and youth group leaders to do the research, gather the information and create the lesson plans for an effective teen leadership course.

*Now there's an easy way... we have done the planning for you.*

*Introducing:*

## **Today's Teens – Tomorrow's Leaders**

### ***An Easy to Conduct Leadership Course for Schools and Youth Groups***

#### **Lesson 1 –**

##### **How to get acquainted with new people**

This skill is essential because leaders must meet new people all the time. Students will learn how to find things in common and how to feel comfortable with others.

##### **Learning to remember names**

A person's name is music to their ears. Therefore, someone who wants to become a leader must become an expert at remembering names. Most people have trouble remembering names, and teens are not the exception. Teens will learn a fun way to remember names that has been proven to be successful.

##### **Learn to organize ideas with mind mapping**

Making lists is the usual way of organizing. But what do you do if you have made your list and then think of something to add? Mind Mapping is a skill that allows you to add items that you think of later, see the whole picture of any project, and link to other items. It's visual, easy to understand, and fun to use.

#### **Lesson 2 –**

##### **Learning about the qualities of a leader**

There are many qualities that make up an effective leader. This applies to teens as well as adult leaders. Teens will discuss their ideas, as well as divide the leadership qualities into four categories. Qualities are skills that will be developed in this course.

#### **Lesson 3 –**

##### **Practicing public speaking**

Every leader needs to know how to persuade people to follow them. Public speaking is an essential skill and a large part of the *Today's Teens – Tomorrow's Leaders* course. Students grow in confidence as they learn speaking skills, speech writing skills, introduction skills, listening skills, and conduct their own evaluations. Students will give four short speeches – each one focusing on a different presentation skill.

#### **Lesson 4 –**

##### **Creating leadership confidence**

A leader must portray confidence to others... even when they don't feel it themselves. Students will do exercises that will build their confidence. They will learn how to get the courage to take action in spite of their fears.

They will also learn the three-step ACT formula for building their confidence.

**Other things they will learn that will build their confidence.**

- How to have the courage to try new things
- How to use their own courage experience for encouragement
- Other courage sources to access
- How to discover and value their uniqueness
- How to see their own winning leadership qualities
- And how to have fun

**Lesson 5 –**

**Vision, Mission, Planning**

Leaders must have a vision in order to persuade others to follow them. Students will practice how to incorporate the vision, mission, and planning in putting together events. They will learn how to use brainstorming and storyboarding to come up with ideas.

**Community Service**

Leaders must learn that their job is to serve. Giving service to the community in some capacity will help develop the qualities of caring and compassion.

**Lesson 6 –**

**Listening Skills**

Although many leaders put long hours into learning to speak, listening is an often overlooked but essential skill. Students will learn listening skills for better interpretation and retention

**Lesson 7 –**

**Building Trust**

A leader must be perceived as trustworthy. Teens will learn the qualities they will need to develop to be trusted and perform trust-building exercises.

**Lesson 8 –**

**The 4 Basic Personality Styles**

Although we believe that every person is unique, in order to help students learn to relate better to different personality types, we want them to understand four basic personality styles. This will help students better understand others and learn how to relate to them.

**Graduation**

You may choose to invite parents to your students' graduation. At the graduation students will give their graduation speech about a great leader that they admire. They will also get graduation certificates that will help give them credibility when applying for leadership positions. After the graduation ceremony, students will have a party that they have planned during the course.

**The Today's Teens – Tomorrow's Leaders Course includes detailed lesson plans for all of the above lessons and...**

- The Today's Teens - Tomorrow's Leaders Instructor's Manual
- Notebook Cover for your manual (You may print your manual on 3 hole paper)
- Forms for planning, enrollment, and student rosters
  
- Tips for each lesson
- Puzzles for each lesson, (Crossword, Word Search, Scrambled Words)
- Additional activities
  
- Detailed step-by-step instructions for every lesson
- Student certificates
- Free access to the on-line Instructor's Center

**For more information on how you can conduct your own leadership course using the *Today's Teens – Tomorrow's Teens Instructor's Manual*, go to:**

[www.ConfidenceCenter.com/serv10.htm](http://www.ConfidenceCenter.com/serv10.htm)

email: [Harriet@ConfidenceCenter.com](mailto:Harriet@ConfidenceCenter.com)

or call Harriet Meyerson at

1-214-373-0080

The Confidence Center • Dallas, Texas USA