

IGNITE

Your Work Matters: An Introduction to RPP

- What is positive youth development?
- What makes a PYD program (RPP)
- Intro to Social Emotional Learning
- The impact of PYD programs and SEAL
- Denver's SEAL initiative and commitment
- Connecting to your WHY

2.5 Hours Recommended

EXPAND

RELATIONSHIPS: The Essentials

- Positive Adults
- Adult impact
- The positive relationships mindset
- The importance of belonging
- The Bank of Trust
- Scenarios and strategies

2.5 Hours Recommended

EXPAND

PLANNING: The Essentials

- The impact of planning on relationships
- The impact of planning on adult presence
- Materials, space and time management
- Clean-up plans
- Back-up plans
- Lesson planning basics

2.5 Hours Recommended

EXPAND

PRESENCE: The Essentials

- Your impact
- Showing up matters
- The ripple effect of our actions
- How our presence impacts relationships
- Building self-awareness
- Choosing our mindset

2.5 Hours Recommended

DEEPEN

RELATIONSHIPS: Bite Size Modules

The Effect of Difference on Belonging
Bank of Trust: Deposits and Withdrawals
Empathy
Mindfulness Practices for Youth
Recognizing Bias (an intro)
Every Behavior Starts with a Feeling
Relationship-centered De-escalation
Acknowledging and Validating
Restorative Practices
Listening and Questioning
When You're Stuck (PRACTICUM)

75 – 90 Minutes Recommended

DEEPEN

PLANNING: Bite Size Modules

Examining Skill Building
Inspired Learning Objectives
Reflection Practices
Transitions
Problem Solving
Goal Setting
Youth as Leaders
Youth Choice as Self-Expression
Exploring Youth Voice
Lesson Planning (PRACTICUM)

75 – 90 Minutes Recommended

DEEPEN

PRESENCE: Bite Size Modules

The Ripple Effect
Values Exploration
Purposeful Pause
Mindfulness Strategies for Adults
Deepening your WHY
From Reaction to Response
Celebrating our Strengths
Self-Empathy
The Ideal Leader
Growth Plans (PRACTICUM)

75 – 90 Minutes Recommended