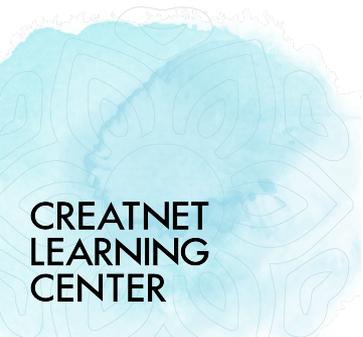


Youth Leadership Program.

Connecting & Responsibility



Agenda.

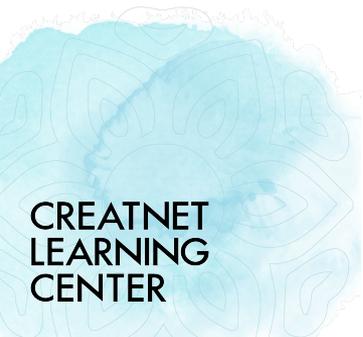
- Connecting to each other, the program and Creatnet
- Connecting to one's learning need

Timeline: 3h

Pick up something around your room that you connect with.

Share **why** do you connect with it?

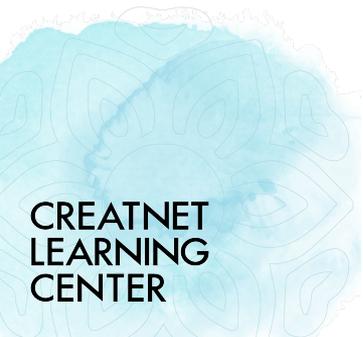
Know your facilitator...



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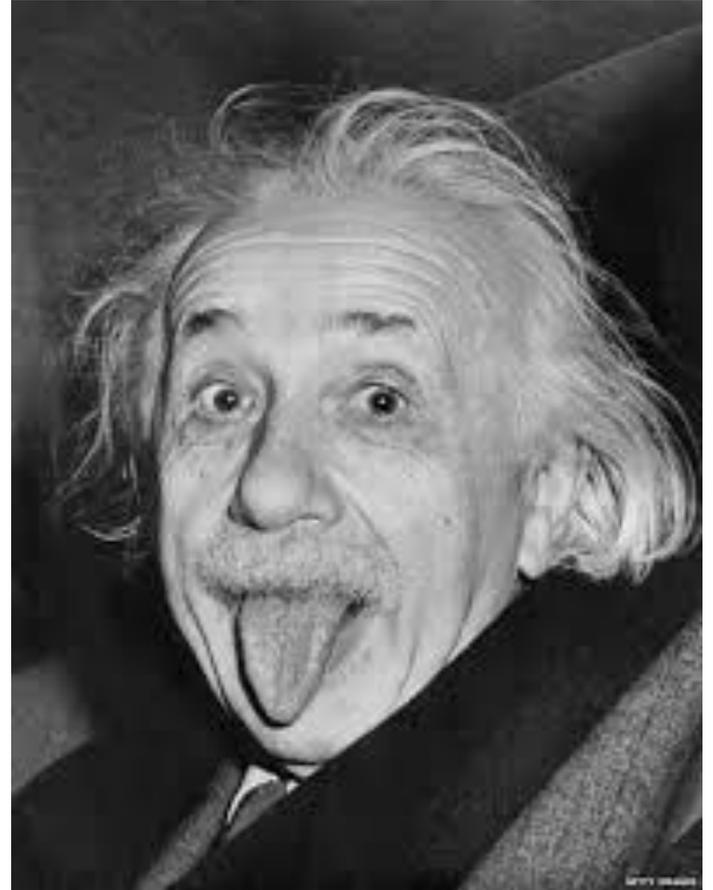
Part 1

Introduction to Program Frame.

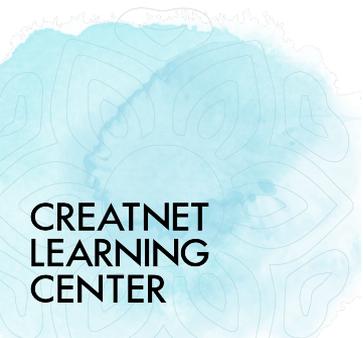


Education is not the learning of facts, but the training of the mind to think

- Albert Einstein



©



Purpose.



Shaping leaders - who transform themselves and the organizations that they influence - through their actions and being - Enabling them become **self-driven lifelong learners**.

How Can I Be?

When the world is **VUCA** - Volatile, Uncertain, Complex and Ambiguous



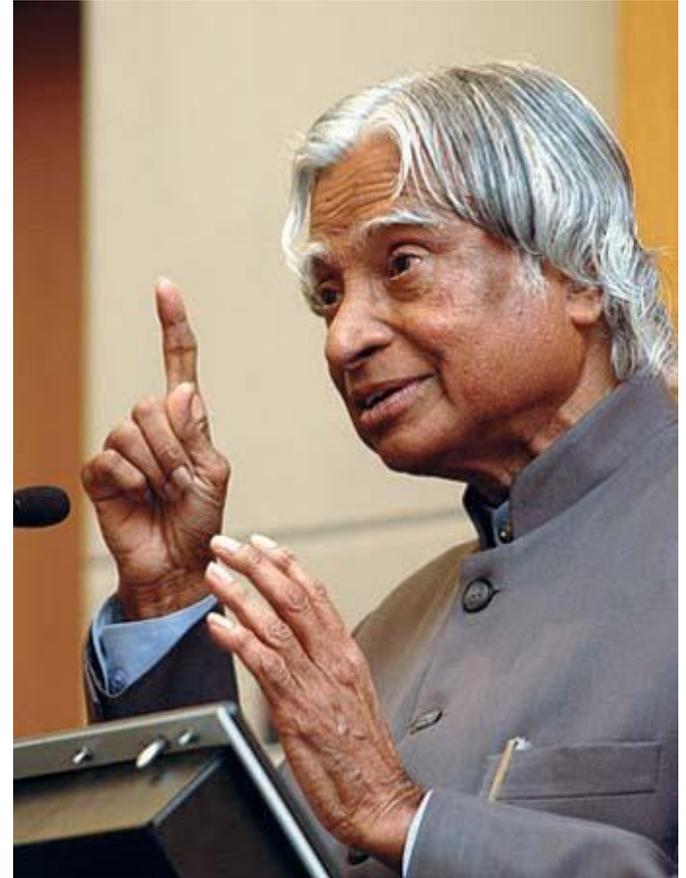
Internally
anchored &
connected within

Externally Open,
Relating, Adapting &
Creating

My message, especially to young people is to have courage to think differently, courage to invent, to travel the unexplored path, courage to discover the impossible and to conquer the problems and succeed. These are great qualities that they must work towards. This is my message to the young people.

- A. P. J. Abdul Kalam

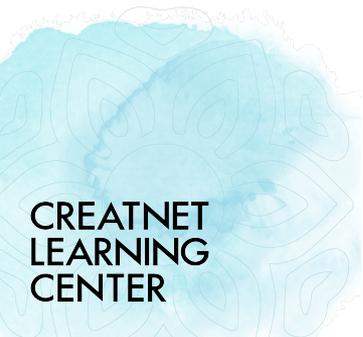
11th President of India



Growth - inner and outer.

Enable

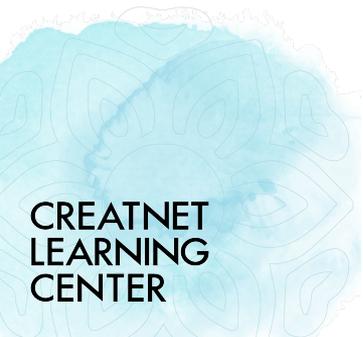
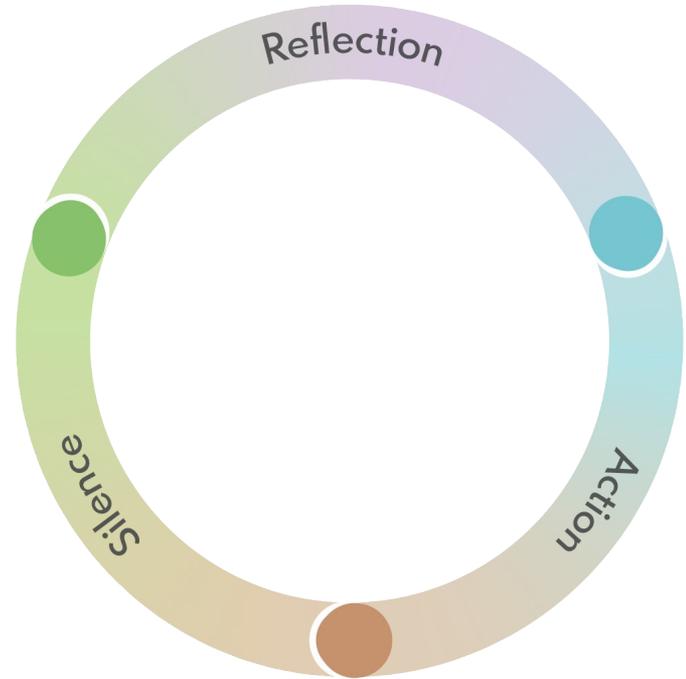
Integral Practices - present
to both Inner and Outer.



Action, Reflection & Silence.

Learning as a practice

Integrate learning, working,
living



Program Structure

Learning to Be :

- Introduction and Getting to know each other
- Responsibility
- Knowing my nature -Swabhav

Learning to Learn :

- Knowing my learning style
- Taking responsibility of one's learning
- Resilience and embracing change

Learning to Work and Live together :

- Trust & Vulnerability
- Influencing & communicating
- Resolving conflicts

Learning to Do :

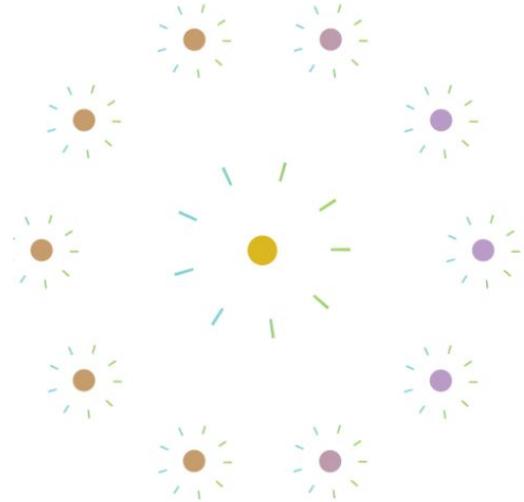
- Managing oneself
- Setting goals and planning
- Swadharma (discovering my right work)
- My roles & competencies

Program Framework - Youth Leadership Program

Session 1-5

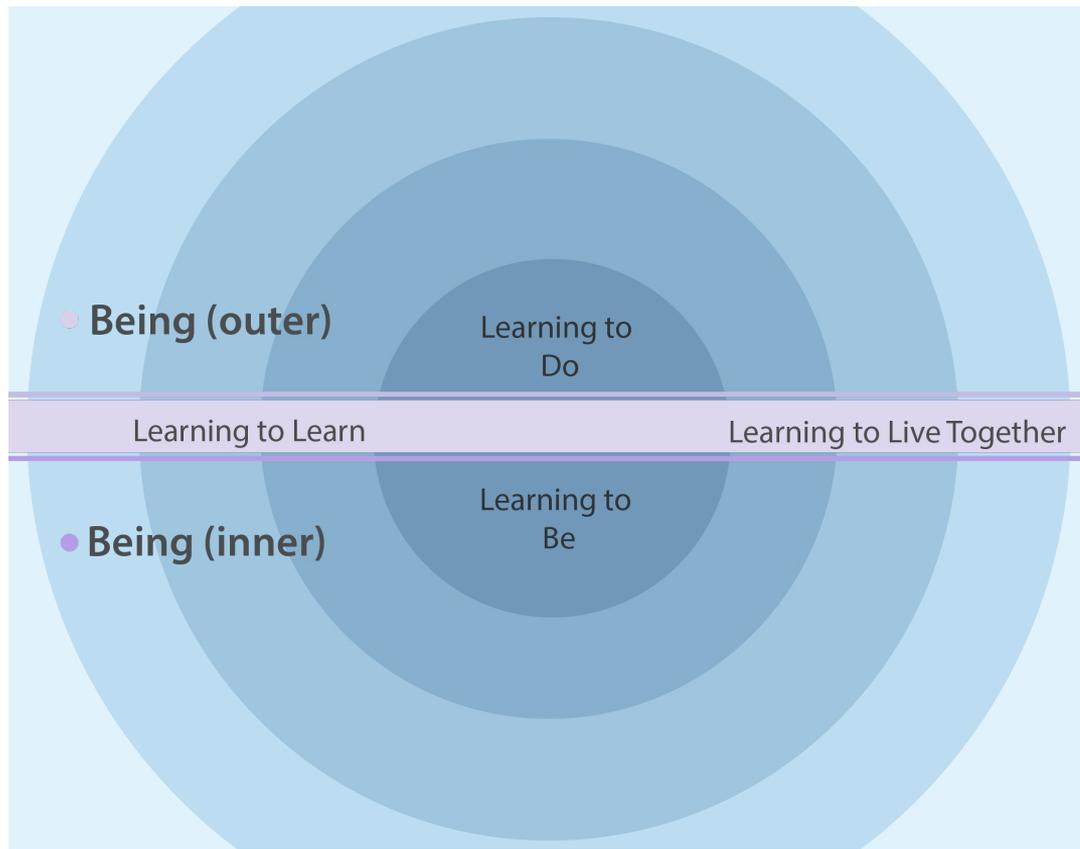


Session 6-10



Learning to be, learn and work
as an individual

Learning to be, learn, work and live
together as a group.



Sessions 1-5: Focused on individual learning & challenges

Session 6-10: Group learning & working together

Part 2

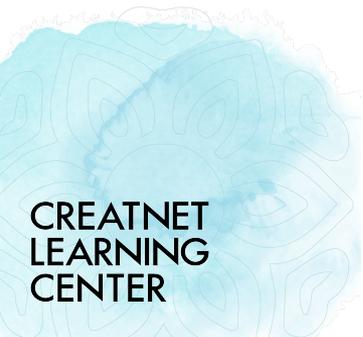
Connecting to ourselves and each other.

Awareness of breath.

Practice of Silence



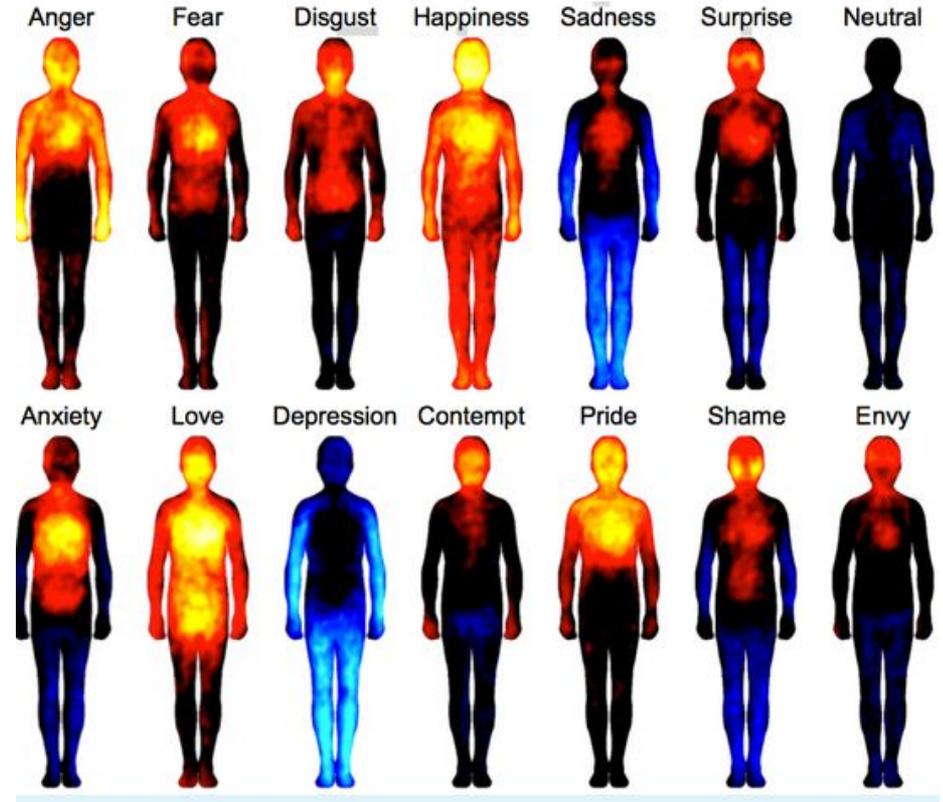
Why are we connecting to our Breath?



The challenges in the external environment trigger our emotions and thoughts.

As young adults moving from college to work - *you may experience stress.*

Breath awareness helps you regulate your thoughts, emotions and moods.



Olga Khazan, [Mapping How Emotions Manifest in the Body](#),
The Atlantic December 31, 2013

Internal anchoring requires a practice of silence

- The practice of silence is a practice of self-observation.
- The practice of self-observation is the practice of paying attention to - our breath, our body sensations, our feelings and and thoughts.
- The practice of awareness is the practice of observing the observer.

Darshan Bhat

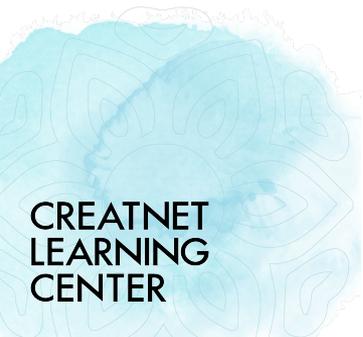
What are my:

Strengths?

Values?

In your group share:

Why am I here?



Being Externally Open requires a practice of learning from what's emerging in the context.

Creatnet's Practice of learning- Reflection, action, silence

Role of facilitator is to enable the practice of reflection, sharing, silence in a group - enabling one to connect and construct the knowledge they require.

External openness is a practice of open awareness

The practice of open awareness is a practice of perceiving things as is.

The practice of perceiving is a practice of learning from what is emerging in the context.

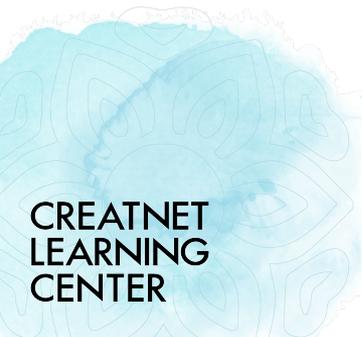
The practice of learning is a practice of reflection, action and silence.

Group learning provides different perspectives, enables you to connect and construct knowledge that you require.

- Darshan Bhat

Part 3

Connecting to our learning needs.

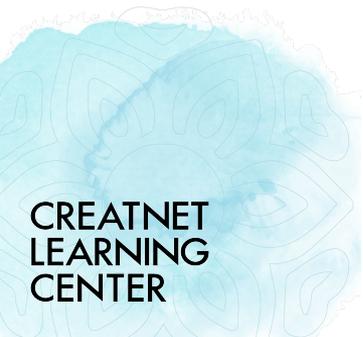


Leadership is Responsibility.

- Peter Drucker
Management Guru

Responsibility.

Think of a major problem or challenge that you are facing...



Responsibility.

Think of a major problem or challenge that you are facing...

- Who is responsible for it?

Responsibility.

Think of a major problem or challenge that you are facing...

- Who is responsible for it?
- What can you do?

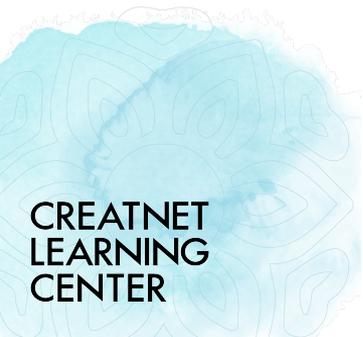
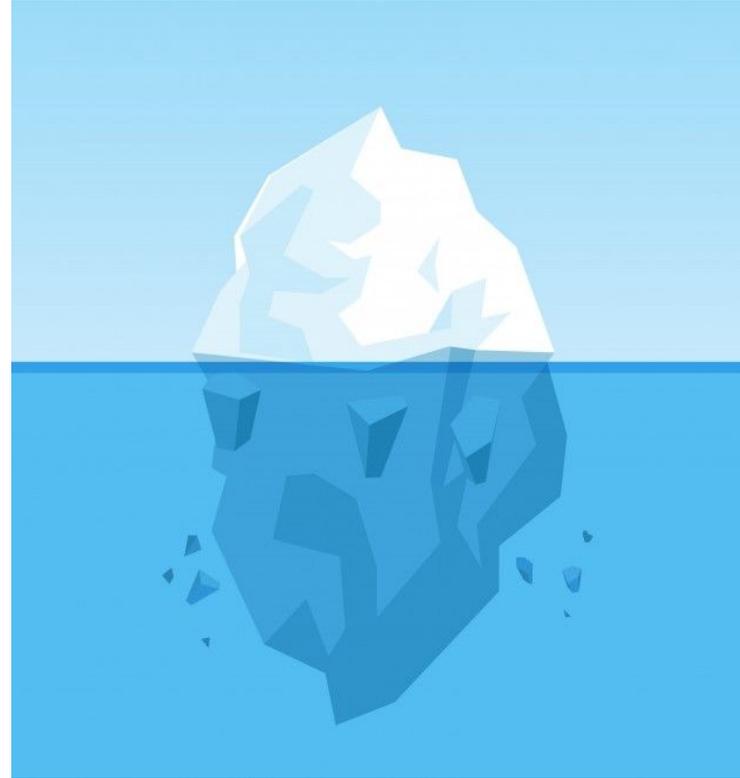
Responsibility.

Think of a major problem or challenge that you are facing...

- Who is responsible for it?
- What can you do?
- What are you **being**?

What is Being?

- Our inner state
 - Mind
 - Feelings
- Liking, disliking
 - Thoughts
- Making meaning



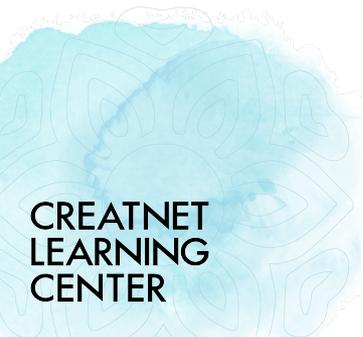
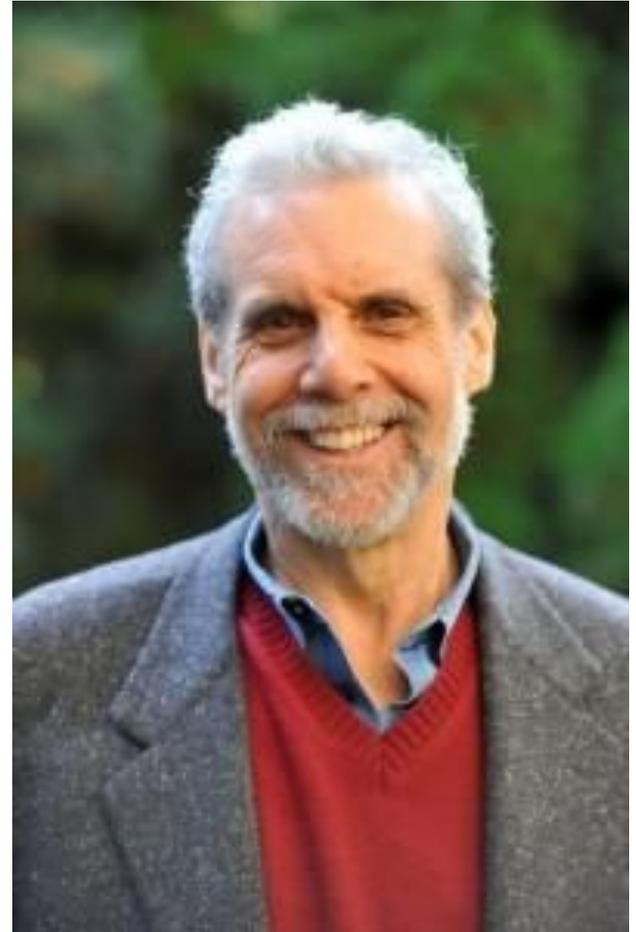
Our way of being and our actions are directly connected with each other.

Our actions will reflect our feelings, thoughts, liking/disliking etc

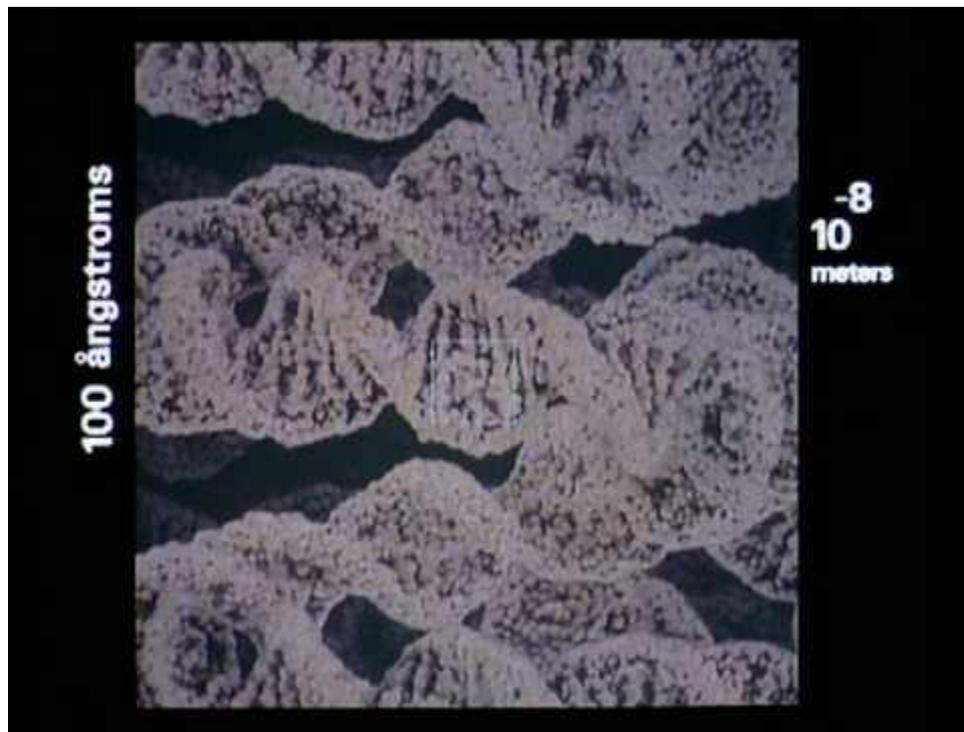


Your emotional reaction depends on how you view things. How we frame situations may help us to better manage our responses.

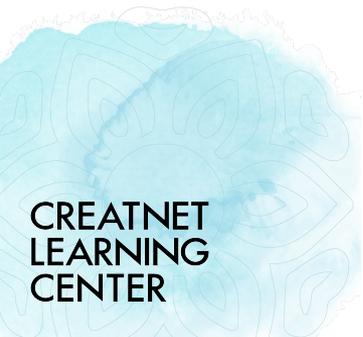
- Daniel Goleman, Expert Emotional Intelligence



Powers of 10.



What do I see?

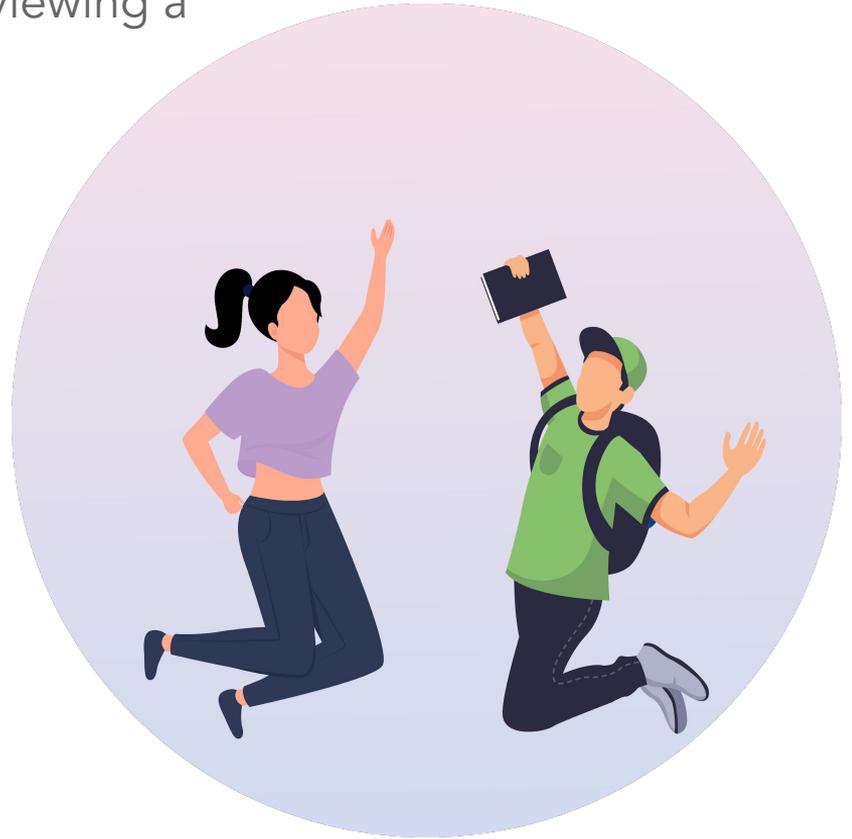


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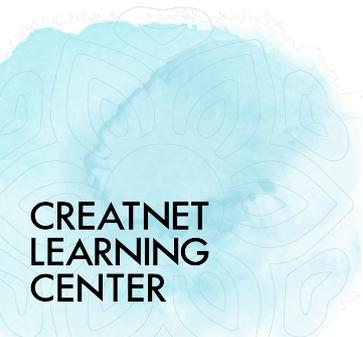
- Our way is just **one** of many ways of viewing a situation
- Most of us can see things from one perspective - **our own**. Extraordinary leaders have the capacity to see from a number of perspectives **as their own**
- We can **choose** the perspective that empowers and this enables us to **respond differently**



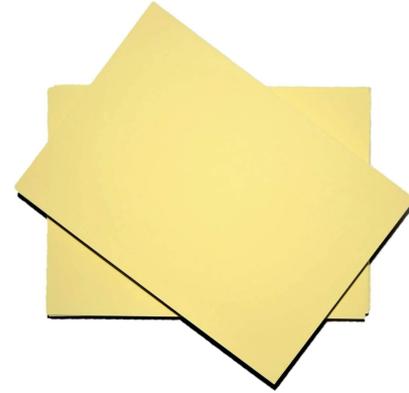
Multiple perspectives and views about a common event or idea can simultaneously be both...

True and Different

...from each other



Relook into your problem again.
Can you find any opportunity of learning
in the challenge you wrote?



Write it down again from a different
perspective.

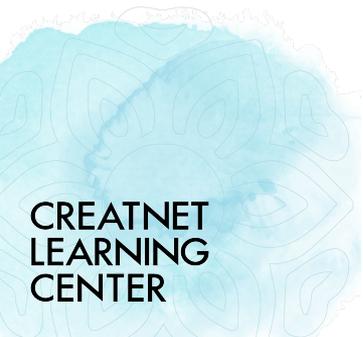
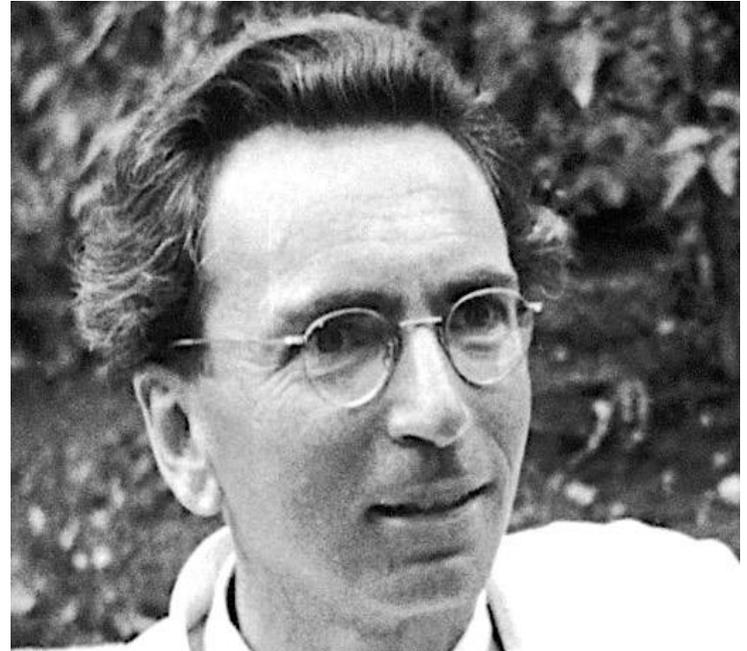
Learning = Change

What I am being?

What I can do?

“Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

- Viktor Frankl's teachings,
summarized by Steven Covey.



Responsibility.

- You have the ability to choose...
 - What you are being
 - How you think
 - How you feel
- What you say
- What you do

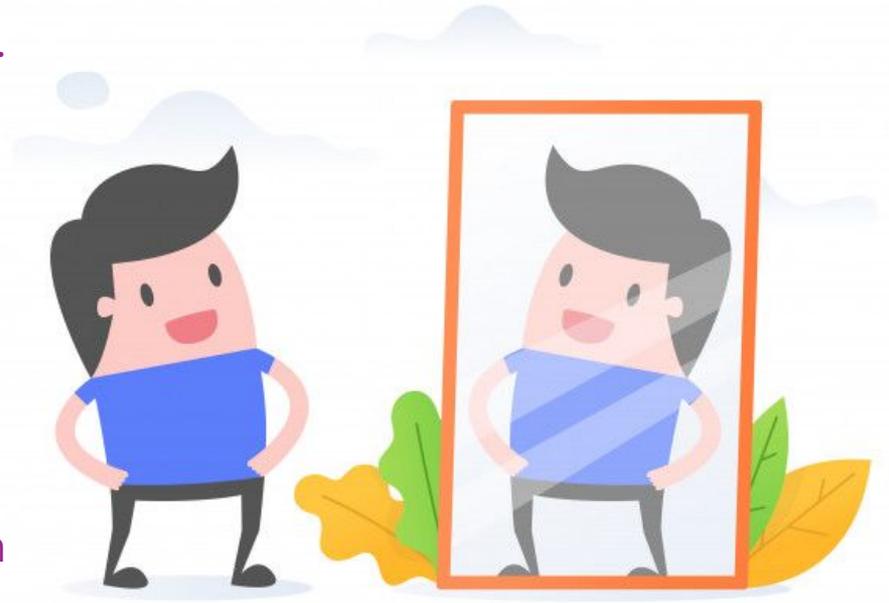
- मनसा – वाचा – कर्मणा

Responsibility.

You have the ability to choose...

- What you are being
 - How you think
 - How you feel
- What you say
- What you do

Self-awareness & Self-regulation



What is my Project ?

- Based on my learning need and objectives
- Enables exploration of relevant information, integrating- learning and leadership.
- Requires me to take action- for ex. talk with people I have a challenge with

Creating a Vision.

By the end of 10 sessions, what do I see possible for myself?

What will I be able to *do* ?

What will I *be* (internally and externally)?



Session Synthesis.

- There will be many challenges you will experience. Your **mind** may **externalise these challenges**. Your mind and feelings may externalise these challenges. Asking the questions - **What can I do? What can I be?** Will lead you to **internalise and take responsibility**.
- Treat every challenge you face in life as a opportunity to learn and lead-your own life
- **Learn to be**: Cultivate a practice of **self- observation - observe your thoughts, feelings, sensations, body , breath** . Be aware and equanimous . Everything changes - except the observer - the real you. Its in silence, when the mind is quiet - that you connect - to yourself

Post Session - Work.

- Assessment - [My Learning Style, How Mindful am I?](#)
- Project Reflection: Visualize and reflect
 - What will I be able to do at the end of this program ?
 - What will I be feeling at the end of this program ?
 - What will others be saying about me?
 - How will I be thinking at the end of this program ?
- Curations - Required Learning Resources.
 - [Peter Drucker, Managing oneself](#)
 - [Increase your self-awareness with one simple fix, Tasha Euric](#)
 - [Becoming Accountable- Ana Alanis](#)



silence

Program Prerequisites

GENERAL

1. A commitment to show up to each session, for oneself and for the others in the group.
2. A commitment of 3 hours on the day of the session,
3. A commitment of 3-4 hours during the week for reflection, action, and processing the curated materials for the program.

PRE - WORK BEFORE DAY 1

1. Pre-session resources (readings and a discovery of myself assessment)
2. A self-exploration of the creatnet LMS - KRYA (A krya.life username and password that will be shared with you before the first session.)

CONNECTION REQUIREMENTS

1. Stable internet connection with a 4G backup
2. A device that supports audio and video functionality for you to take part in the sessions actively (with a camera on unless the bandwidth is an issue)
3. A good quality earphone
4. Familiarity with Zoom and its features

Next Week...

Day 2 - Learning To Learn

- Becoming aware of my idea of learning
- Exploring the competency of learning to learn and taking responsibility of it

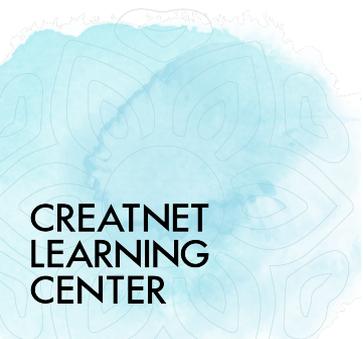
Curations for the week.

[Link](#) to KRYA Youth Leadership Program resources.
Look at Resources under Day 1.

Assessment for the week - My Learning Style



silence



3 Breath Mindfulness.

Practice of Silence

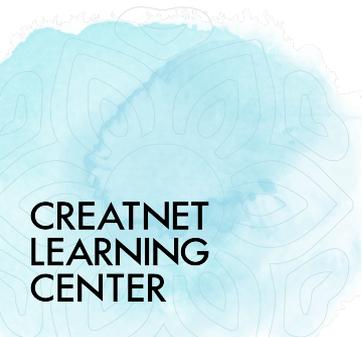


**From practices of Thich Nhat Hanh*

When we hear the sound of the bell we relax our body and become
aware of our breathing.

Feedback.
Please share [here](#).

Thank You Leaders.



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