Living Education eMagazine

A magazine that discusses education in our everyday lives

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Empowering Youth in Six Leadership Principles -

Leadership can be taught at any age, from preschool to adulthood. As an author and education specialist in the field of education for 30 years, I see firsthand how important it is to teach leadership skills to our youth – including those children with disabilities. Regardless of where you live in the world, children need to be explicitly taught how to establish a clear vision and then share that vision with others - as it relates to social responsibility, global awareness, and global citizenship.

Specific to teaching our youth around the world to be empowered, studies show that teachers are one of the most powerful influencers for children, all the way from their first day of school through their high

school years. This is why teaching leadership training in K-12 education – as part of the school day or offered in after-school programs – is so essential. It is also very important to offer formats of learning outside of the school building, such as through podcasts, "call-to-action" videos on the Internet, and engaging television programs.

I am involved in multiple leadership initiatives for children of all ages and abilities - both in the United States and outside of North America - that are explicitly teaching a wide spectrum of leadership skills, ranging from self-advocacy to personal responsibility. Regardless of geographic location, the foundation of these skills is social and emotional learning.



Love, Strength, Courage, Unity, Freedom, and Equality

Make A Difference, Inc., using T.H.E. P.A.C.T., the educational initiative and teaching framework that I have authored has partnered with Leave No Girl Behind International (LNGB), a nonprofit empowerment organization for girls, based in South Africa. Through collaboration, we are committed to changing the lives of young girls around the globe by developing systematic social and emotional leadership curriculum.

Leave No Girl Behind co-founders and sisters, Haseena Patel and Shameema Patel, get to the heart of what young girls need: identifying their own unique voice, developing strength of character, and knowing how to advocate for themselves and others. LNGB's comprehensive programs result in giving young girls a practical and powerful skill set for leadership.

The organization's programs and teachings are based on six principles: Love, Strength, Courage, Unity, Freedom, and Equality. LNGB is incorporating principles of T.H.E. P.A.C.T.'s

research-based teaching methodology of "Learn About, Read About, Write About, and Talk About" modules in their empowering leadership curriculum methodically teaching each of these six principles in skill-building lessons in a "connect-the-dots" manner in various geographic locations.

These empowerment lessons are an integral part of LNGB's first free web-based program titled, *The Mighty Warrior Workshop*, which, in less than 9 months, is being used in Kenya, Nigeria, Uganda, Sierra Leone, Tanzania, South Africa, Pakistan, and the United States. This program is designed for children of both genders. It can be completed independently by children ages 11 years and older and can also be used with a facilitator or teacher present to supervise the program for younger children.



Free Web-Based Leadership Workshop at LeaveNoGirlBehind.org

The Mighty Warrior Workshop teaches children – both girls and boys – the following:

- How to develop the six bedrock LNGB leadership principles - Love, Strength, Courage, Unity, Freedom, and Equality - and how to immediately apply them to daily living
- How to learn the concept of friendship and cooperation, despite our differences
- How to embrace who they are, as well as their individuality
- How to view themselves, others, and life in a positive light
- · How to interact in a group setting
- How to embrace those who seem different at school and in social situations
- How they, as one single individual, can make a difference in the world

For example, at the core of teaching leadership and social and emotional learning to children is the principle of strength. In my mind, strength is not just a physical attribute; it is also an emotional quality necessary to have power in your life to make a difference in this world. Such strength not only helps you deal with situations and events that can be controversial, distressing, or difficult, but is also critical in unlocking one's leadership potential.

"Strength of character" is described by LNGB as "what determines who you become and allows you to walk unbowed and be in alignment with your personal sense of what is right." I could not agree more. From my own individual perspective, strength of character consists of having the qualities that allow you to master yourself, achieve emotional regulation, and increase your persuasive power. These are essential leadership qualities to teach our youth, and most significantly, model for them.

When we explicitly teach strength of character to children, we are teaching them to "indict the status quo." We must model for our youth how to do this and stand together around the globe to advocate for global citizenship. Strength of character inspires us to have the courage to challenge the existing state of affairs when the current model is not working.

An essential part of global citizenship is not only empowering oneself, but also empowering others. For example, Energime University - an online platform that includes courses, meetings, webinars and educational programs - has started a global conversation about how to take care of our planet. Their mission is to get children and adults around the world to recognize that we all need to work together to achieve planet-wide sustainability.

Founder and CEO of Energime, Bill Sosinsky, shares, "Through our new educational programs, we are empowering children globally to stand shoulder-to-shoulder to learn that, as individuals, they are a real part of an extended family as it relates to the saving the environment." I serve as an Ambassador for Energime University and have come to know Bill Sosinsky quite well: he is the "real McCoy" because his heart is in it for real. His vision of empowering children

environmentally, socially, and politically comes at such a critical time – quite similar to the mission of Leave No Girl Behind International

One of Energime University's new projects is *Mission Earth Solutions*, a global youth initiative that will be a regular program teaching "call-to-action" leadership to children around the world related to a sustainable planet. I serve as Education Co-Producer for this program, consulting on the show's curriculum content by incorporating the research-based strategies of T.H.E. P.A.C.T. into the program format. *Mission Earth Solutions* will be an inclusive educational program for children of all abilities around the globe – gifted to special needs, and every child in between. Every child will have a voice. Every child will have the opportunity to be a leader.



Creating a Global Youth Leadership Network for a Sustainable Planet

It is all connected: training children in social and emotional leadership and educating our youth to stand up for the environment in order to ensure that the human race is, "Here today – here tomorrow." We need to train children how to have the strength to advocate for what is right in the name of social responsibility.

As mentors, we must show the younger generation how to be vocal in a productive manner when calling into question things that are broken, flawed, to begin with, or simply flat-out wrong. Strength of character allows us to have conviction in our core beliefs and know how to respectfully disagree to facilitate change. It also prepares us to embrace failure as a form of growth.

In addition, this critical leadership quality expands our ability to listen without judging and to accept diversity. It is essential to teach our youth how to

display tolerance, love, and respect for others. Leadership training in the area of strength of character heightens awareness of behaving consciously to effect positive change in our world.

Leadership training needs to start at a very young age. My parents empowered me as a little girl to not only attempt to make a positive change in this world but also, to BELIEVE that I had the power and inner strength to do so. When we teach children about leadership, we are teaching them that every contribution counts – no matter how big or small.

The greatest thing we all can learn is that it is ALL ABOUT THE CONTRIBUTION.

Simply put, our moral compass should always point us in the direction of making a difference.