



*Leadership, Empowerment, Achieving a Difference.*

# Information Package

**Make a Difference. Dare to LEAD.**

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*Onward/* By 2036, 80 per cent of Calgary adolescents, both male and female, describe themselves as productive or potentially productive members of society.



# What is LEAD

The City of Calgary offers a certification leadership program for youth Grades 7 - 12 called Leadership, Empowerment, Achieving a Difference (LEAD). This program has two requirements;

1. Completion of 9 pre-determined modules, on various aspects of leadership and
2. Completion of 20 hours of practicum experience, to put learned leadership skills into practice.

Completing modules for a LEAD certificate is fun to do and leads to credibility, recognition and opportunities at school and in the community. The desired outcomes for youth participating in the program are all encompassing:

- ★ Youth acquire lifelong leadership skills.
- ★ Youth identify and demonstrate an increase in self-esteem, self-confidence and self-worth.
- ★ Youth become more involved in the community.
- ★ Youth are exposed to and involved in new opportunities and activities.
- ★ Youth are engaged in meaningful opportunities to practice learned leadership skills.
- ★ Youth are connecting with other people and developing meaningful relationships.

The LEAD curriculum was designed to be able to adapt to the needs of any group while remaining consistent across The City of Calgary.  
It's all about having FUN while developing leadership skills.

## Do you want to get more information?

Are you an external youth-serving organization interested in providing a **FREE LEAD program for your youth?**

Contact the City of Calgary by calling: 311



## **REQUIREMENT 1: Completion of modules**

**COMMUNICATION** - Good communication doesn't just happen. Identify and understand positive communication tools, so that you can be sure your messages are understood.

**CONFLICT MANAGEMENT** - Coping successfully with conflict is one of the most valuable skills a leader can have. Learn your own conflict management tendency.

**DIVERSITY** - Learn to recognize how assumptions are made about other people, and how perceptions become realities. Understand your own knowledge of diversity and explore your own beliefs and attitudes.

**LEADERSHIP** - Identify your definition of a "leader" and the qualities it takes to become an effective leader. Discover your leadership talents and have a lasting impression on other people.

**LEISURE EDUCATION** - What is Leisure Education? Learn the benefits of Leisure Education and understand the barriers surrounding it. Be able to identify and understand leisure activities by participating in them and evaluating their outcomes.

**PERSONAL WELLNESS** - Being able to identify and understand your own positive self image can be a hard thing sometimes. Learn about nutrition and fitness and how to handle the stress in your life. Learn and understand the benefits of time management.

**PLANNING & ORGANIZING** - Learn how to successfully create a program from start to finish. Develop your goals and objectives. Create project outcomes and follow through with the implementation and finally follow up with your evaluation.

**PROBLEM SOLVING & DECISION MAKING** - Problem solving & decision making is an important part of every leader's life. As a leader you will use every resource you can to make the best decisions possible. Learn how to define a problem and use the imaginations of a group to figure out ways to create a solution.

**TEAMWORK** - Learn about how you act in a team situation. Explore some of the pitfalls of teams and what it takes to make a winning team.

## **REQUIREMENT 2: Practicum hours**

LEAD participants are required to complete 20 practicum hours.

# Why choose LEAP?

## How the school/community agencies benefit:

- ★ safe quality programming facilitated by trained staff.
- ★ provide opportunity for school/community involvement in practicum.
- ★ unique opportunity for school to offer increased services.
- ★ build leadership within the school.
- ★ increase collaboration within the community.
- ★ value offered for parents and families.
- ★ great usage of school space during after school hours.

## How the youth benefit:

- ★ positive way to spend after school hours.
- ★ great way to make friends - build or create friendships.
- ★ gain experience from volunteering.
- ★ build relationships with positive role models.
- ★ certification to list on a their resume.
- ★ learn and practice leadership skills that can be used for career development.
- ★ develop self-esteem, self-confidence and self worth in a comfortable controlled environment.
- ★ are exposed to and involved in new opportunities and activities.

# Roles and Responsibilities

## The City of Calgary can and/or will provide:

- ★ Promotion and recruitment of participants or required training for external agency staff
- ★ Facilitation of all modules or
- ★ Curriculum required to complete modules & practicum.

## School/community organization will provide:

- ★ Assistance with promotion and recruitment.
- ★ Required space to facilitate.
- ★ An agency liaison between City of Calgary staff, participants & parents/guardians or LEAD trained staff to adhere to curriculum requirements

# Practicum Examples

On July 22, 2011, the Southland Leisure Centre/Community & Neighbourhood Services South partnership LEAD participants organized and hosted an event called, *Feed the Need to Help the Homeless*. Altogether, 24 youth completed their LEAD practicum requirements using a community development approach: the participants identified a need in their community and took action to make change! Their goal was to: create awareness about poverty in Calgary, teach people what they can do to reduce it, collect food for the Calgary Interfaith Food Bank, and raise funds for the Calgary Mustard Seed.

The youth developed an event brochure with information and prevention strategies on poverty, which was distributed to over 350 people. The group hosted a carnival event with treats, games, face painting and a bouncy castle in the foyer of Southland Leisure Centre. The event helped the youth collect over \$300 for the Calgary Mustard Seed and raise over 750 pounds of food for the Calgary Interfaith Food Bank!

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 Village Square Leisure Centre offered a LEAD Calgary Afterschool program from April 7 – June 2, 2011. Youth, with the assistance of their youth leaders, planned a Wake-A-Thon to support the local food bank and fulfill the requirements of their LEAD practicum component. Youth collected donations from family and friends and committed to staying awake for a full 24 hours to show their commitment to the cause. The best part about this program was that the youth received hands on training and earned their practicum hours within the program. It was a successful event with 9 students participating and earning their certificates.

 In 2012 a group of approximately 8 youth from Lincoln Park Calgary Housing planned a “Paint the Pavement” project. With the guidance of a Youth Social Worker from The City of Calgary’s Community Neighbourhood Services West Area office, the group of youth worked with an artist and created a design that reflected what was going on in their community. The youth made posters to promote the event and handed them out within their community. On the day of the “Paint the Pavement” project, the youth swept the road and ensured all preparations were done. They sectioned off a part of the street and painted a mural with the help of community members. The youth had also planned a fair for that day so that families could come and watch the painting and support their community project!

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 In May 2012, a group of LEAD participants from the Community and Neighbourhood Services West Area Office planned an interesting practicum. They wanted to help out at various special events in the city and decided to learn how to face paint. The group brought someone in to teach them how to face paint. After three weeks of practicing, they came up with a menu board of all the various faces they could paint. The group of youth attended the “Walk So Kids Can Talk” fundraising event to support The Kids Help Phone, and were painting faces for children all day at the event. In addition to painting faces at the “Walk So Kids Can Talk” fundraising event, this group of youth painted faces for children at a community potluck in Rosscarrock and helped with a community clean-up project.

# Practicum Examples



Community and Neighbourhood Services South Area Office had a LEAD participant come up with an amazing idea for a practicum. One participant decided she would look into a Seniors Home in McKenzie Towne and investigate whether or not they needed volunteer help. Since her mother works there, she was able to do some digging around, and determined a need for youth volunteers! So Ashley asked around and recruited some friends! On May 10, 2008 the LEAD group attended McKenzie Towne Care Centre to run an afternoon matinee event for the seniors.

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## **Community and Neighbourhood Services North Area Office LEAD programs have used the ideas below for practicum's:**

- ◆ For Earth Day, the group of youth decorated large paper grocery bags relating to the environment. They were collected and given to Safeway and Superstore to hand out on Earth day instead of using plastic bags.
- ◆ The group made sandwiches in the school kitchen and delivered them to the Mustard Seed
- ◆ One school had a Culture Night in the evening and the LEAD group made up a skit about the barriers immigrants face when they are coming to Canada. The group acted out the skit a couple times throughout the evening.
- ◆ LEAD participants made their own book marks with a theme of their choice. They were laminated and delivered to the Calgary Public Library to be handed out for free.
- ◆ LEAD participants made Valentine's Day cards and candy grams that were delivered to a retirement home.
- ◆ LEAD participants made Thank You cards after we discussed the importance of the Calgary Police Service (CPS) and Fire Fighters in Calgary, which were dropped off at local fire houses and Police stations.
- ◆ For Christmas, LEAD participants made appreciation cards for the volunteers who donate their time to the Food Bank, which were dropped off in person.

# Testimonials

"At LEAD program I learned lots of stuff like how to be responsible, respectful etc. LEAD class teach me how to conflict management, I learn that is easier to solve a conflict if you are willing to work at it. My favourite part about LEAD is when we got to volunteer at the library. I have a buddy he read good and I like it when we went to the park and when we volunteer with kids cooking. We help them how to cook really well and the food was really awesome." - *Kenneth, age 13*

## From the Youth

"In LEAD I learn about teamwork. I learned to help other people. I learn how to cook and serve when we volunteered in the mustard seed. We help to serve for the homeless people that need food. My favourite part in LEAD was learning to solve problems." - *Neal age 12*

"In LEAD I learned about how to solve problems, about teamwork, how to help people. I learn how to cook, share and help. Also how to participate in activities. The most fun part in LEAD was my friends and I went to the mustard seed and we helped together. And how to be a leader and a role model" - *Jeryl, age 12*

"In LEAD I learn how to teamwork. I learn how to solve problems. I like LEAD because of the leaders and because it is a fun time because you learn and at the same time we play." - *Nycole, age 11*

## From the Staff

"Teaching LEAD every week is an awesome experience. Seeing the youth learning new and exciting things is priceless. My favourite part of each class is when we review what we learned in the previous class. The youth continue to show me just how much they have learned and remember. It is in these moments when I realize that I am making a difference in their lives. Not only are they learning, I learn from them as well. It is a fun and rewarding program for everyone involved." – *Camila, Lead Facilitator*

"During the days I was around to see the youth run the children's program, they have impressed me with their ability to become a directional role model for the children. The LEAD program has really evolved due to the youths work ethic and their leaders leadership. They played games with the children and got them to be very excited about games such as sandman and wax museum. They showed responsibility and guidance to our children after overcoming the initial shock of working with children. I saw a lot of growth from participants and their ability to take a calming approach to leading the children. LEAD program did a very good job including everyone within program while managing to separate themselves as mentors to the children and not just friends/participants at program. As the youth in LEAD program progress though program I can see them becoming future leaders in the community and for the city. We greatly appreciate all they did for the children's program and we hope to see more of it in the future." - *Cameron, CNS Children's Leader, supervising Leader participants in program*

# Testimonials

## A testimonial from the FFCA (Foundations for the Future Chartered Academy) Acadia location:

May 7, 2012

FFCA South Middle School has had the opportunity to have The City of Calgary's LEAD program available to our students since the beginning of this school year. Our first program with LEAD ran from Sept/11-Jan/12. The student's final project was to have a school wide competition by classroom to bring in the most donations for the Drop In Center. The items collected included clothing, bedding and linens, personal hygiene items, computer equipment, and food. The project was such a success that the driver of the van picking up the donations from our school had to make a second trip as he filled his van up the first time.

Our students were grade 7 students and learned many important skills. They were very proud to accept their certificates at the completion of LEAD as well as the success of their final practicum.

Our second LEAD program ran from Jan/12-May/12. The students involved in this session are grade 6 students. Their skills with decision making, problem solving, communication and leadership skills have really improved over this time. These students have committed to attending 2 hrs every week. They are very excited about their final practicum which is an awareness of bullying. They are making school wide announcements every day and are very involved in the process of the practicum project.

The program and the program leaders have been a great success at our school and I would recommend to other schools or programs to bring the LEAD program to their group.

Gina Grace  
School Counselor  
South Middle School  
Foundations For The Future Charter Academy

From the  
School



## LEAD - Leadership, Empowerment, Achieving a Difference.

(Your organization name here) is proud to offer the LEAD leadership program for youth! LEAD is a FREE youth leadership program for youth ages (insert desired age group here).

Developed by the City of Calgary, the LEAD program encourages youth participants to make new friends, learn lifelong skills and discover how they can make a difference in the community. Earning a LEAD Certificate is fun and gives youth credibility, recognition and opportunities to develop and practice learned leadership skills in the community and set youth up for a successful future!

LEAD is an interactive leadership program that develops lifelong youth leadership skills by:

- Identifying and demonstrating an increase in self-esteem, self-confidence and self-worth.
- Becoming more involved in the community.
- Being exposed to and involved in new opportunities and activities.
- Engaging youth in meaningful opportunities to practice learned leadership skills.
- Connecting with other people and developing meaningful relationships.

This program consists of two components; 9 learning modules and a required practicum (20 hours).

Youth will complete the following modules through the use of interactive games and experiential learning:

Leadership  
Communication  
Conflict Management  
Diversity  
Leisure Education  
Personal Wellness  
Planning and Organizing  
Problem Solving and Decision Making  
Teamwork

**For More Information, Please Contact:**  
(Your Organization and Contact Information Here)

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