



## Trainings for Youth

The following trainings are stand-alone sessions for youth in any school, community, or after school program. All sessions are three hours, and will be modified to meet the specific needs of your organization/school and youth.

Workshops are \$500 each, and are most successful in groups of 8-20 people. We can adapt the workshop format for larger groups. We also recommend that the program advisor participate in the session so that learning can continue after we leave.

- **Playing for Real: How Icebreakers Really Break Ice**

- *Youth Facilitators' Introduction to Leading Engaging Meetings*

If you have young people who are leading workshops and trainings, this is a fantastic introduction-to-facilitation skill building session for them. Focusing on the first 10-20 minutes of their presentation, the training demonstrates how to use “icebreakers” to break down the barriers that keep people from working together to achieve the group’s goals. Through a series of experiential activities, youth will see that when icebreakers are used consistently and strategically—with purpose in mind, and connected to the goals of the meeting—they become something more powerful. This training demonstrates the depth and richness of several interactive exercises and their ability to increase positive participation, create and maintain relationships, and discuss challenging topics—all while engaging the hearts, minds, and energies of youth participants.

*Note: Workshop fee includes one copy of the group facilitation book “Moving Beyond Icebreakers,” which contains over 300 interactive group exercises with easy-to-follow, detailed instructions and debriefing points. Additional copies can be purchased at a discounted rate. Learn more at [www.MovingBeyondIcebreakers.org](http://www.MovingBeyondIcebreakers.org).*

- **Designing Effective Youth Meetings**

In this active, hands-on workshop, youth leaders will learn how to design an effective and interactive meeting agenda and discover how the six-part meeting format makes the workshops, trainings, etc., that they lead more dynamic and constructive. Youth will learn techniques to build relationships, encourage the generation of ideas, and build consensus and investment in decisions, and they will explore how this format can be used or modified for their own needs.

*Youth must take the “Moving Beyond Icebreakers 101” workshop before taking this training.*

- **Public Speaking for Youth Leaders**

Young people are often asked to “speak up” at meetings and public events in either formal or informal settings. This training teaches youth a process for gathering their thoughts in a coherent fashion, while highlighting guidelines that enable a speaker to be effective. Youth will also have an opportunity to practice, using speech delivery guidelines.

- **Turning Ideas into Action**

How many times have great ideas gone unrealized as you and/or your program struggled to turn them into reality? Great events don’t just happen—there is a lot of planning and preparation that goes on behind the scenes. In this training, we’ll lead your group through an easy 10-step project planning structure to help them actually turn their idea into a feasible event. The group will learn how to set realistic goals for their upcoming event, come up with a tasks-and-responsibilities chart, and begin taking action.

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To schedule a training or for more information, please contact:

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- **Effective Communication in Groups**

What makes a program successful? One measure is that participants feel connected both to the purpose of the program *and* to each other. We'll demonstrate basic communication techniques that work to help individual youth grow while helping the group work together more effectively. We'll review the philosophy behind feedback and some of the challenges as youth explore their own experiences with criticism and praise. Youth will begin to understand that giving and receiving feedback are valuable skills that they can learn and develop with practice and an investment of time.

- **The Truth from Youth**

Young people who are new to your program or coalition may not understand that you mean it when you say their voices matter! This training helps youth begin to understand the power they have, and how to begin using their voices to create change.

In the session, the group focuses first on looking at the issues youth face in their community or school, using a method designed to get below the surface of topics such as drugs, violence, peer pressure, etc., and understand the root causes of these issues. After some discussion, the youth will prioritize the root causes, and accompanying issues, they feel are most important to focus on.

Working at this deeper level helps the group to understand the significance of action steps they might take to work on impacting the underlying causes of the identified issues. Youth will then brainstorm a list of action steps, which can serve as a road map the group can follow to decide which action steps to pursue.

Woven throughout the session are team-building activities to help the group create a foundation for strong, collaborative work.

- **Voices from Behind the Wall**

“Voices From Behind the Wall” is a powerful 25-minute DVD consisting of honest, straightforward interviews with nine adult male inmates at a correctional facility in Bridgewater, MA. Most of these men have been incarcerated since they were teens and are serving sentences for serious crimes, including murder, attempted murder, and manslaughter. Common themes in their lives include problematic educational backgrounds and their attraction to life on the streets. In this workshop, your group will watch the video, and then participate in an interactive discussion about some of the themes it raises.

“Voices from Behind the Wall” is a compelling tool for understanding the consequences of poverty and violence, both within and outside communities that are struggling with these issues. The facilitated discussion will hone in on key points that are relevant to the work of your youth group.

*Note: This DVD has been used in high schools, after school programs, and community re-entry programs. It is suitable for teenagers and adults. The workshop fee includes one copy of the “Voices” DVD and curriculum guide.*

Visit [www.teenempowerment.org/dvds.html](http://www.teenempowerment.org/dvds.html) for more information about this DVD, or watch a clip on YouTube at <http://www.youtube.com/watch?v=s3oqz4iMew8>.