

About the Creative Youth Leadership Program...

This 5-day experience helps youth develop the mind-set and skill-set to identify more options for their lives and to make healthier decisions. This program brings together a diverse group of up to 80 high school students and staff with experience in education, creative problem solving, and leadership development.

The Creative Youth Leadership program was first developed in 1990 and the curriculum has evolved with input from psychologists, educators, drug prevention specialists and experts in leadership and creative-problem solving. The program includes on-going training throughout the year to support students in applying their newly enhanced skills.

Who is it for?

Students entering 10th and 11th grades who are looking to enhance his/her leadership skills.

"I have been involved in public and private education since 1968. The Creative Youth Leadership Program is the most powerful educational experience I have ever witnessed, from the perspective of both students and facilitator. It provided truly life-changing opportunities for both."

- Dr. Paul Fields, former superintendent,
Grand Island, NY



"The activities were amazing. They enabled me to find leadership strengths I didn't even know I had." - Eric, age 16

Creative Youth Leadership Program

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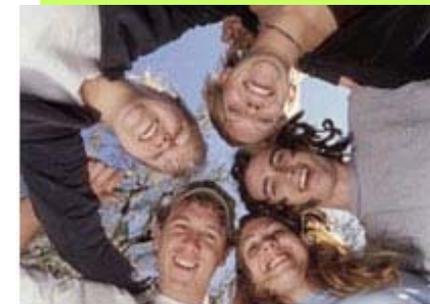
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Creative Youth Leadership Program

an affiliate of the
Wellness Institute of
Greater Buffalo and WNY



Creating Healthy Leaders

Program Purpose

The purpose of the Creative Leadership Program is to promote leadership, decision making and problem solving skills among youth.

We achieve this by:

- Giving students a mindset and skill-set for identifying more options in their lives and making better choices
- Fostering self-respect, respect for others and appreciation of differences
- Creating a forum to address real issues facing young people on an individual/community level and providing a problem-solving process to address these problems and challenges in new ways
- Providing a safe community to challenge stereotypes and build long-lasting friendships
- Exposing young people to the mental and physical benefits of healthy life-styles including nutrition, exercise, personal well-being and empowerment



The Leadership Team

"This leadership program will live with me forever. I have learned to accept myself for who I am and to encourage others to do the same." - Katie, age 16

How We Do It

Research shows that the majority of people learn best when they are active. Therefore, rather than rely on traditional lectures and training manuals, we utilize an experiential (on your feet, not in your seat) approach that allows participants to learn and immediately practice their newly acquired skills.

Participants take an active role in their learning, and see tangible evidence of success, demonstrating a higher commitment to taking what they have learned and applying it to their lives.

We offer a wide range of structured experiences designed to:

- Build trust
- Facilitate honest communication
- Promote wellness, self-respect, tolerance and personal insight
- Develop leadership skills
- Explore drug free lifestyles
- Provide an intensive opportunity to interact with healthy adult mentors

Our program focuses on building competency in three critical areas:

- 1) **Communication:** listening and speaking skills
- 2) **Problem-Solving:** thinking and decision-making skills
- 3) **Leadership:** personal responsibility, mastering emotions and goal-setting

What Makes This Program Unique?

The curriculum is grounded in research and designed to:

- ✓ Bring together youth and educators from diverse settings (inner city, rural and suburban) to focus on the 3 R's:
 - Responsibility to self and others
 - Respect for self and others
 - Relationship with self and others
- ✓ Instill powerful tools for real behavior change, at a deep level of the youth psyche.
- ✓ Support the integration of new skills through the use of Family Groups.
 - A Family Group consists of eight students from various schools and two adult leaders.
 - Family Groups meet during each day to debrief the day's activities.
 - Utilize skilled and compassionate Family Group Leaders who are educators and experts in a variety of disciplines.
- ✓ Use a variety of teaching methods that draw from the domains of:
 - Creative Problem Solving
 - Improvisation
 - Adventure-based Learning
 - Accelerated Learning

