



ONE VOICE ONE TEAM:

S.W.O.L.E.™



PROGRAM OVERVIEW

S.W.O.L.E.™ is a co-ed youth leadership program that teaches five core leadership principles through cognitive-behavioral activities, physical fitness games, and group discussions.

S.W.O.L.E.™ is an acronym that stands for:
Self-Respect, Work Hard, Overcome Adversity, Lead by Example, and Excellence

THEMES

CORE CONCEPTS

Session 1-2 - Self-Respect Allows participants to understand the importance of positive esteem and self-regard for the dignity of one's character, and to respect the views and opinions of others. (Example themes Self Respect & Respecting Others)



Session 3-4

Work Hard Encourages participants to adopt a positive and persevering work ethic to achieve goal-oriented results. Identifies the steps necessary to move towards being successful and committing to the effort required to succeed.

Session 5-6

Overcome Adversity Acknowledges that life has challenges and encourages participants to develop positive solutions that will assist them in persevering through obstacles faced in life. Also discusses the role of a creative, resilient mindset in turning challenges into opportunities.

Session 7-8

Lead by Example creates a picture of what is possible, inspires participants to push themselves to greatness while encouraging others. The focus is building positive habits and exhibiting the behaviours that are congruent to creating the type of leader you want to be.

Session 9-10

Excellence Empowers participants to embrace an attitude of excellence in their daily pursuits, with an understanding of excellence being a personal journey that is always evolving pushing you to get better each day.

Session Elements

Each session will have elements of the following items:

Intro

To welcome everyone and set the tone for the session.

Check-In

To gauge how everyone is feeling, physically and mentally, and set an expectation for bringing the best you can for today based on what you can give today.

Game or Activity

To build teamwork, connection, community and bring energy and fun to the session. Usually connects back to the theme being discussed in the session.

Discussion

Big or small group discussions about the theme or concepts of the session, encouraging participants to have an unbridled dialogue to express thoughts, ideas, and perspectives.

Debrief

Bringing conversations back to the main points and takeaways individually and collectively, to tease out learnings and the practical applications.

Wrap Up

Brings the session to its conclusion with high energy and final thought and action items for the next session.

THEMES

CORE CONCEPTS

Session 1-2 - Self-Respect Allows participants to understand the importance of positive esteem and self-regard for the dignity of one's character, and to respect the views and opinions of others. (Example themes Self Respect & Respecting Others)



Session 3-4

Work Hard Encourages participants to adopt a positive and persevering work ethic to achieve goal-oriented results. Identifies the steps necessary to move towards being successful and committing to the effort required to succeed.

Session 5-6

Overcome Adversity Acknowledges that life has challenges and encourages participants to develop positive solutions that will assist them in persevering through obstacles faced in life. Also discusses the role of a creative, resilient mindset in turning challenges into opportunities.

Session 7-8

Lead by Example creates a picture of what is possible, inspires participants to push themselves to greatness while encouraging others. The focus is building positive habits and exhibiting the behaviours that are congruent to creating the type of leader you want to be.

Session 9-10

Excellence Empowers participants to embrace an attitude of excellence in their daily pursuits, with an understanding of excellence being a personal journey that is always evolving pushing you to get better each day.

Session Elements

Each session will have elements of the following items:

Intro

To welcome everyone and set the tone for the session.

Check-In

To gauge how everyone is feeling, physically and mentally, and set an expectation for bringing the best you can for today based on what you can give today.

Game or Activity

To build teamwork, connection, community and bring energy and fun to the session. Usually connects back to the theme being discussed in the session.

Discussion

Big or small group discussions about the theme or concepts of the session, encouraging participants to have an unbridled dialogue to express thoughts, ideas, and perspectives.

Debrief

Bringing conversations back to the main points and takeaways individually and collectively, to tease out learnings and the practical applications.

Wrap Up

Brings the session to its conclusion with high energy and final thought and action items for the next session.