

School of Embodied Leadership

For young adults ages 15-18

“Character, the willingness to accept responsibility for one's own life, is the source from which self-respect springs”. – J. Didion

Who am I?

What do I want to be when I grow up?

How do I become the leader of my life?

High school is a time of rich opportunity and awesome challenge. Young people today face uncommon pressures to perform, to conform, to take responsibility, and to make important, life-changing decisions at an early age. As they are asked to select a life-path, a college, a job, a future for themselves, they are also inundated with advice.

The School of Embodied Leadership offers a new possibility for walking into the world. The program helps teens learn how to manage themselves in the midst of change, how to manage chaos, how to manage stress and conflict; to develop self-knowledge, self-respect, self-confidence; and, create a set of practices that will support them in taking responsibility for their lives – **to become their future**.

What participants will learn:

- To recognize their strength and capacity
- To manage themselves and stay grounded in stressful situations
- To make good choices and create success
- To say “NO” even when uncomfortable
- To give and to receive support
- To craft a vision for what they care about
- To have a sense of their personal power



Modeled after Strozzi Institute’s “School of Embodied Leadership” (SOEL) for adults, the course is **specifically designed for high school / soon-to-be-college age young adults**. The program activities enable participants to get to know themselves and each other, to create an environment of safety and respect, to acknowledge differences, and to work together effectively. Additional support is provided before and after the course in the form of group calls and buddy relationships. A group call with parents is also offered to share the powerful work and distinctions the participants will experience.

At the end of the program, **here’s the change that you can expect to see** in your son/daughter, niece/nephew, grandchild or friend:

- The ability to take a stand for what they know is right and for the good of all
- A positive self-image grounded in the experience of personal strength and resolve
- An understanding of the importance of physical health and nutrition
- An awareness of the effects of moods and how to shift them
- An eagerness for continuous learning in life

And here's what some of our past participants have reported:

"Since the course I have noticed a huge change in myself. I feel healthier, I am less stressed, and I look at the lighter side of things instead of making things harder for myself. I am more of a team player and accept opinions and suggestions from others. I am more focused and centered in my declaration."

"I learned a lot about leadership values, how to stay centered, how to meditate to relax myself and the importance of being committed to something. By using all of these, I am able to look at my habits, my principles and how I approach my life in a completely different way"

"My daughter definitely de-planed taller and more powerful than when I dropped her off at the ranch. I see her taking pleasure in her newly-embraced physical prowess (fortitude, capacity, form) and exuding a budding confidence in her social aptitude. She is facing into her new (as well as her historical) challenges with ground and commitment, and she is producing different results for herself -i.e. having the difficult conversations with friends, passing her driving test, taking care of tasks in the moment rather than procrastinating, speaking up for herself in a way that owns her concerns" – parent comment

Course overview and activities:

The course takes place at Strozzi Institute in Petaluma, California, located in the rolling hills of Sonoma County. Rustic accommodations (tents or inside large open space) and group-prepared meals add to the course experience.

Days begin with attention training, movement, and physical exercise. The general flow of the days includes setting of context, physical practices drawn from several martial arts traditions (although this is NOT a martial arts camp and participants do not need to be athletic to participate), team initiatives, reflection, learning, and dialogue. Participants are divided into teams with an instructor that will be present with them at all times to assist in their learning and facilitation of group activities.

Teams have responsibilities during the course and participants have an opportunity to take on a leadership role within the team as a practice. Evenings are designed to be both fun and a time for learning.

While we engage in physical training and movement exercises, all participants come with individual levels of physical coordination and condition. Participants are supported by instructors to assess their own levels of participation in all activities. They are provided the opportunity in a safe, encouraging environment to realize they can achieve more than they think they can and to be able to build from wherever they are in the moment.

Who should attend?

This positive, grounding, confidence-building experience will benefit high school-aged participants of all backgrounds and characters. The fundamental skill of how to learn 'through the body' is one that is not taught in our traditional school systems today. Hence, teens that are already expressing signs of their own sense of direction and self leadership, as well as those that are still finding their voice will benefit equally from the experience and take themselves to the next level.

Date: **Young Women – July 10-14, 2007** **Young Men – July 24-28, 2007**

Location: **Strozzi Institute - Petaluma, California**

Tuition: **\$1,395** includes all course activities, food and lodging

To register or for more information, contact Strozzi Institute at 707.778.6505

Women's course questions, contact susie@strozziinstitute.com or for the Men's, peter@strozziinstitute.com

Course size is limited and will fill quickly, please register early.