

Curriculum Outline:

YEAR 1 (SELF-MASTERY) Semester One → Self Mastery Through

Self-Awareness:

Theme: *Leading Yourself First – Building Inner Strength and Emotional Intelligence*

This year lays the **foundation for leadership** by focusing inward—helping students understand who they are, how they feel, and how to trust themselves. Emotional Intelligence (EQ) is crucial for developing inner confidence, emotional regulation, and resilience.

Year 1, Semester 1: Self-Awareness & Emotional Intelligence (EQ)

Focus: Understanding my emotions, patterns, values, and identity.

Key Skills:

- Identifying and naming emotions.
- Emotional regulation strategies.
- Recognizing internal thought patterns.
- Developing a growth mindset.
- Understanding the connection between thoughts, feelings, and actions.
- Practicing mindfulness and emotional reflection

Key Learning Outcomes:

- Increased emotional vocabulary and literacy.
- Greater control over emotional reactions.
- Stronger self-awareness and introspection.
- Healthier self-talk and self-perception.
- Beginning to articulate personal values and identity.

Year 1, Semester 2: Building, Practicing & Strengthening Self-Trust

Focus: Turning self-awareness into *self-belief* and *self-leadership*.

Key Skills:

- Confidence-building through intentional reflection.
- Discernment between fear, doubt, and intuition
- Setting and maintaining personal boundaries
- Making decisions aligned with core values
- Practicing positive self-affirmation and internal validation

Key Learning Outcomes:

- Increased self-confidence and clarity in decision-making
- Stronger personal boundaries and internal compass.
- Ability to bounce back from mistakes with self-compassion.
- Trust in one's intuition and inner wisdom.
- Ownership of emotions and behavior in a variety of situations.

YEAR 2 (SOCIAL LEADERSHIP) Semester One → *CONNECTION: Leading with Empathy & Integrity*

Skill: Social Intelligence (SQ) & Relationship Building

Year 2, Semester 1: Leading with Empathy & Integrity

Focus: Cultivating social awareness, relationship boundaries, and empathy to create safe, respectful environments.

Key Skills:

- Reading social cues and nonverbal communication
- Practicing active listening and emotional presence
- Identifying safe vs. unsafe or supportive vs. harmful relationships
- Establishing and communicating healthy boundaries
- Understanding social influence and peer pressure dynamics
- Regulating emotions in social situations

Key Learning Outcomes:

- Improved ability to navigate complex social settings
- Awareness of peer dynamics and their impact
- Stronger interpersonal boundaries rooted in self-respect
- Confidence in making socially safe, value-aligned choices
- Increased empathy and awareness of others' experiences
- A sense of emotional safety in both leadership and peer roles

YEAR 2 (SOCIAL LEADERSHIP) Semester Two → *LEADERSHIP: Leading with Empathy & Integrity*

Skill: Leadership

Theme: *Leading in Community – Practicing Empathy, Connection, and Respect*

This year moves outward, teaching students how to navigate and lead within the social world around them using Social Intelligence (SQ). They explore relationships, collaboration, communication, and cultural awareness.

Year 2, Semester 2: Leading with Respect - Influence Through Integrity & Inclusion

Focus: Practicing leadership in group settings and fostering inclusive communities based on shared respect.

Key Skills:

- Assertive, inclusive communication
- Conflict resolution and mediation
- Teamwork and collaboration
- Leading with humility and servant leadership principles
- Navigating differences with compassion and cultural awareness
- Uplifting others through affirming leadership

Key Learning Outcomes:

- Ability to lead group conversations and facilitate respectful dialogue
- Comfort navigating and appreciating diverse viewpoints and backgrounds
- Leadership grounded in kindness, character, and accountability
- Development of a team-oriented, inclusive leadership identity
- A commitment to being a source of belonging and positive influence
- Preparedness for mentoring others in Year Three

This structure ensures that **Year Two builds from awareness to action**, helping students not only understand the social world but also influence it for the better.

YEAR 3 (PEER MENTORSHIP) Semester One and Semester Two→ Junior

Facilitator Pathway; *Returning to Lead the Next Generation*

Theme: *Leading Through Influence – Creating a Legacy by Lifting Others*

This final phase transforms students from learners to leaders. Having built emotional and social capacity, they mentor younger peers, co-facilitate sessions, and develop their voice as role models.

Key Skills:

- Public speaking and facilitation
- Mentoring with empathy and encouragement
- Planning and co-leading group sessions
- Offering constructive feedback and modeling positive behavior
- Leadership through service and responsibility
- Reflective leadership (learning through doing)

Key Learning Outcomes:

- Real-world leadership and mentorship experience
- Strong communication and presentation skills
- Increased sense of purpose and community impact
- Ability to model and inspire emotional/social intelligence in others
- Readiness to lead in broader school, community, or global contexts
- Cultivating a leadership identity rooted in character and humility