

THE ACADEMY OF AGENTS OF CHANGE

The Academy of Agents of Change is designed to single out industrious young people and enable them to experience moments that will illuminate their personal vision in order to embark on a course of being Agents of Change toward a sustainable future in their communities.

The Academy combines *Outward Bound*, adventure learning methodology; and *Ashoka Youth Venture*, social entrepreneurial framework. The program provides scenarios where young individuals between 15 and 18 may experience a process that generates personal tools, new leadership, communication, empathy and personal development skills. Throughout the program, participants pursue the development of social initiatives, ultimately aimed at generating a positive social impact in their community.

The Academy operates under Lonesome George & Co.'s MIND + SHIFT + IMPACT model to create positive community engagement and change:

MIND your choices
SHIFT your thinking
IMPACT your world



OUTWARD BOUND - ADVENTURE LEARNING

Outward Bound inspires and develops leadership through adventure and experiential training challenges. Our programs allow participants to have experiences that go beyond familiar limits, that question their limitations and that provide life training that transcends. The activities, the adventure challenges, contact with nature and other people are a means by which participants learn teamwork, problem solving, decision making, assuming responsibilities, frank communication and learning from each other to be aware of their strengths.

ASHOKA YOUTH VENTURE - SOCIAL ENTREPRENEURSHIP

Ashoka Youth Venture is a practical and experiential process to guide young people through the transformational experience of becoming an agent of change capable of designing and developing a social undertaking they themselves created and spearheaded. The process offers participants the necessary support in acquiring the experience and confidence to achieve success not only in their own projects, clubs, companies or civic groups, but also in developing skills that will allow them to be powerful agents of change throughout their lives.

WHO ARE AGENTS OF CHANGE?

Agents of Change are individuals who are aware of their choices and the direct impact that these choices have on their community. Agents of Change have realized they are a vital part of the system in which they live, and hence can influence it positively thanks to their dreams, creations and sharing of their creativity and innovation in a committed way.

GENERAL PRINCIPLES OF THE PROGRAM ARE:

- Single out entrepreneurial youth in the communities where we operate.
- Create tools for personal development to be put into practice for the greater good of the community

GENERAL OBJECTIVES OF THE PROGRAM ARE:

- To create a sense of responsibility in academy participants encompassing awareness of the value of one's word, punctuality and responsibility to oneself and others through proactive participation.
- To teach young individuals to confront their fears with courage and learn how to put themselves in someone else's shoes with compassion; fostering scenarios to experience courage and compassion to enable participants to build character and take wise decisions.
- To incubate and implement sustainable, replicable and systemic social initiatives in the communities where we operate.

TOOLS AND SKILLS DEVELOPED THROUGHOUT THE PROGRAM ARE:

- **Leadership** (ability to listen, understanding your surroundings, teamwork and proactive action)
- **Communication** (responsible and respectful communication by way of actively listening to others)
- **Empathy** (relating to the community, putting yourself in others' shoes)
- **Personal Development** (creating self confidence by recognizing one's own limitations, being resourceful and comprehending Outward Bound's motto "there is more in you than you think")
- **Corporal Awareness** (developmental processes leading to the conservation of our environment. Participants develop corporal awareness permitting them to realize their impact on their surrounding)

HOW DO WE MEASURE THE PROGRESS OF OUR PARTICIPANTS?

Aside from keeping track of the implementation of successful social initiatives, The Academy uses the *Life Effectiveness Questionnaire* or LEQ to evaluate the personal progress in our participants. The LEQ is a tool used by the OBE school to measure targeted goals of psychosocial programs. The design was influenced by the concept of self-mastery and its skills. The LEQ focuses on measuring the actions, behavior and feelings that lead to being successful in life, and those are:

- **Time Management**, permitting us to see how people use and manage time in completing tasks.
- **Active Initiative**, reveals how dedicated a person is in achieving the desired result.
- **Social Competence**, measures everything relating to communication, empathy, and understanding others.
- **Achievement Motivation** speaks to motivation and orientation of results.
- **Intellectual Flexibility**, measures capacity to adapt to new learning situations.
- **Task Leadership**, how one fulfills a leadership role and focuses energy on it.
- **Emotional Control**, the ability to deal with one's own emotions.

WHAT IS THE STRUCTURE AND DURATION OF THE PROGRAM?

The Academy's program is a full year elective course with 6 five-day modules imparted throughout the academic year at different locations. The modules are led by an Outward Bound Instructor and The Academy Coordinator. Participants will take part of the scenarios created in each module to develop skills and tools they would put into practice after each module in school and at their communities. Each module builds on the next one shaping inside out and Agent of Change ready to impact its community. The modules are:

1. Discovering Myself
2. Finding my voice
3. I am my Community

4. Finding my Passion
5. Setting up my Dream
6. Presenting my initiative



PTS ACADEMY OF AGENTS OF CHANGE 2014 - 2015

MODULE 1: DISCOVERING MYSELF

Location: NCOBS - Asheville, North Carolina

Date: September 24-28, 2014

Objective: Developing self-confidence by recognizing your strengths and limitations. This module is designed to discover personal leadership and learn how to apply it in accordance with one's individual core. An atmosphere conducive to discovering participants abilities and their reach is created.

Description: Create learning and experiences regarding personal leadership through which young people can experiment and develop their self-confidence and become aware of self-knowledge processes. These tools will help them face new challenges as future Agents of Change.

Leadership Module: OB utilizes the model proposed in Covey's Four Leadership Rules so that participants comprehend the roles or principles of a leader; along with this, they can identify what type of leader they are from the standpoint of their essential leadership talents.

Expedition: A key element in each participant being able to understand team processes and to experience it in real leadership situations.

My identity: To discover who I am and what kind of limits I have. It is very easy to go where I want to go, if I know where I stand.

My passions: Part of discovering one's internal strength is being able to find one's passion.

Hard and soft skills you will learn in this module:

- How to find and set-up camp sites
- How to navigate terrain; map and compass reading
- Ropes course, knowing tying and rappelling
- Time Management, Social Competence, Self Confidence and Intellectual Flexibility



MODULE 2: FINDING MY VOICE

Location: Key Largo, Florida

Date: November 6-10, 2014

Objective: To develop communication tools based on empathy and active listening. This module is designed to provide tools for dialogue and communication; it encourages finding purpose and aligning it with existing needs in your surroundings.

Description: Acquiring tools to understand the importance of communication and its influence on the development of leadership in youth. Activities are organized in which participants practice active listening and empathic dialogue. These tools will then be used to interview residents in the community.

Active Listening: Through dialogue activities, various levels of listening are developed in order to broaden the participants' degree of empathy.

Community Dialogue: Participants comprehend techniques of listening and communicating in order to interface with and align their voices with the community.

My perfect world: To create the first outline of the initiative the participants seeks to develop and find how to link it back to their community.

Problems and solutions tree: A tool that facilitates analysis of the target community's problems and seeing possible solutions. This is a very powerful activity for framing the route to solutions and judging how initiatives will have an impact on said problems.



Hard and soft skills you will learn in this module:

- Coastal canoeing and sea kayaking navigation techniques
- Dialogue, active listening and “coaching.”
- Intro to Dream - Make model and Interviews to residents in the community
- Social Competence, Achievement Motivation and Task Leadership

MODULE 3: I AM MY COMMUNITY

Location: The Everglades, Florida

Date: December 3-7, 2014

Objective: To create a group social initiative that reflects the concept of systemic change and is in line with the reality of the community. This module is designed to enable participants to understand how systems work and begin thinking from a global perspective. It allows them to see more clearly the complexity of problems and point out the most creative and opportune solutions.

Description: Participants will take time to translate their ideas on a social initiative they want to implement and that is based on generating positive change in their communities. The Ashoka Youth Venture methodology shall be introduced to develop an approach for each initiative, including general objectives, goals, activities and the people accountable for the tasks at hand.

Systems Thinking Theory: Identifying and understanding the elements of the system and, recognizing that I am only a part within it; seeing how I can support and influence that system (my community) from my current position.

S.M.A.R.T Objectives: A tool for developing objectives thereby achieving tangible results from each AOC's initiative.

Community Service: Application of how an AOC works as a part in a system for creating positive changes through an initiative.

Hard and soft skills you will learn in this module:

- Coastal canoeing, sea kayaking, backpacking, initiatives and workshops
- Introduction to Systems Thinking
- Learn leave no trace minimum impact outdoor techniques.
- Community Service, learn more about the rich cultural heritage in the area
- Development of S.M.A.R.T. goals
- Social Competence, Achievement Motivation and Time Management

MODULE 4: FINDING MY PASSION

Location: OBE The Andes, Ecuador

Date: February 13-17, 2015

Objective: Searching for your personal vision and inquiring as to how it relates to your everyday life. This module is designed for the participant to be able to find him or herself and become aware of the importance of being an Agent of Change. Furthermore this module provides practical tools to jump-start their initiatives taking shape in a real and sustainable way.

Description: Experience adventures that lead participants to think of themselves as leaders, and to become aware of things in their lives they are passionate about. Through a *SOLO* (an experience of being in total solitude with nature), participants become aware of their own interests and hence will be able to strengthen their initiatives.



Putting the previous concepts and tools into action: Experiential activity in which the concepts and tools acquired in previous modules are applied to real life situations.

Solo: A classic tool used in OB programs. This training highlights the discovery and development of one's internal voice to find internal support during the future implementation phase of the initiatives.

Financial Model: Simple but important financial principles for assuring that the initiatives are sustainable and properly financed.

CCA: Practical application of the financial model.

Hard and soft skills you will learn in this module:

- Discovery School - "high ropes" adventure - confront your fears
- Experience a 24-hour *SOLO* and learn to listen to nature for inspiration
- Learn about mountaineering in high altitude settings
- Achievement Motivation, Intellectual Flexibility and Emotional Control

MODULE 5: SETTING UP MY DREAM

Location: The Galapagos Archipelago, Ecuador

Date: February 18-23, 2015

Objective: To integrate knowledge from previous modules to translate initiatives into a concrete plan of action. This module is designed to teach formulation and presentation of initiatives. The participant is provided with the tools for appropriate research and subsequent presentation of its initiative.

Description: A recap of all the modules is carried out, focusing on helping participants to finish everything that is needed to implement their initiatives. Financing plans for their projects are discussed, as well as the main components to crystallize them. i.e. budget tables and strategic contacts with the residents of the community.

Dream and do challenge: Building the initiative's mock-ups and other presentation tools. Preparing the participant for the panel.

Program planning, application and management tools: In an experiential way, the participant designs part of the module, promoting the processes of planning, logistics and implementation. In this activity participants must adhere to a budget, familiarizing them with the proper use of the financial model.

Hard and soft skills you will learn in this module:

- Discover Galapagos' flora and fauna during an expedition to "Sierra Negra" volcano
- Experience Galapagos' marine ecosystem snorkeling Isabela's intricate lava tunnels
- Project organization: data points, social issues, innovative solutions and tasks.
- Active Initiative, Achievement Motivation and Intellectual Flexibility.

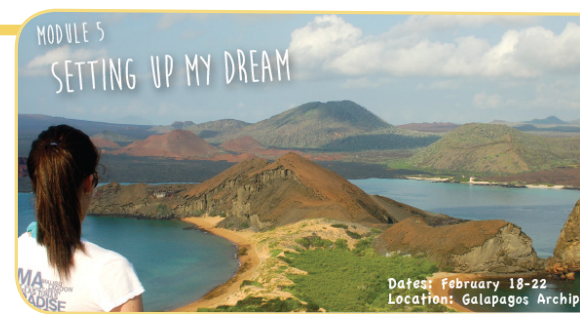
MODULE 6: PRESENTING MY INITIATIVE

Location: Palmer Trinity School, Miami, Florida

Date: April 2-6, 2015

Objective: Preparation for the presentation of the initiatives before a Panel of Community members.

Description: In this final module, participants will present their initiatives to their communities. The module focuses on searching the most creative ways to do so, while practicing public speaking. This presentation will close the process undergone in the first five modules, giving them the opportunity to implement their initiatives until the end of the year. This presentation will take place at Palmer Trinity School, where members of the community will attend to listen to the proposals of PTS Agents of Change.



Hard and soft skills you will learn in this module:

- Public Speaking Techniques, PPT presentation skills, Presentation drill
- Active Initiative, Achievement Motivation, Intellectual Flexibility, Emotional Control, Task Leadership, Social Competence, Time Management and Self Confidence.

As of April, participants will implement their initiatives, applying everything they learned throughout the modules. They will have all the support of PTS and Lonesome George & Co. - Agents of Change to achieve the objectives outlined in their plans.

ENROLLMENT REQUIREMENTS

1. Copy of your PTS Student ID or school transcript.
2. Review date commitments carefully for it is mandatory to attend all modules.
3. Commit to obtain \$1,375 (summer internship) as your investment to the program and make the payment before Friday August 15th, 2014.
4. Submit a letter of intent with a personal photo, explaining why you want to participate in The Academy and be an Agent of Change in your community. You can be creative in the letter and submit your own drawings, photographs or any material that explains why you want to participate in the program.
 - a) We suggest a structure in which you can tell us about the following topics:
 - A brief description of you
 - What your interests and talents are
 - What you intend to achieve by participating in this program
 - Which tools you have as an Agent of Change
 - Which topics interest you as a potential social initiative
 - b) The letter should be minimum one page and maximum two-page Word doc
5. You must be between 15 and 18 years old. If you are 14, you can participate in the program provided you turn 15 by July 2014.

The folder with all the documents described above must be submitted at the Dr. Leopoldo Llinás, classroom 314, by Friday, April 4th, 2014. We will review applications and select up to 15 candidates to participate in this year's program.

If you have any questions or concerns please contact Dr. Leopoldo Llinás at llinas@palmertrinity.org or (305) 251-2230 ext. 157.

For more information, visit Lonesomegeorge.net/academy

