

StandUP

Youth Development Workshops

All programs are based in social-emotional learning
(Adaptable for after school programs or day school)

Relationships

- Intro to Building Relationships
- Supporting Strong Feelings
- From Adult to Partner
- Acknowledging and Validating
- Bank of Trust
- Belonging
- Empathy

Planning

- Success is in the Details
- Planning for Learning
- Planning for Engagement
- Goal Setting
- Problem Solving
- Transitions
- Youth as Leaders

Presence

- Showing Up Matters
- Managing Our Triggers
- The Leader in You
- Mindfulness for Adults
- Mindfulness for Youth
- Purposeful Pause
- The Ripple Effect

Activity-Based Workshops

- Creation Station
- Let's Take Two
- Engineering Workshop
- Transitions and Waiting Games
- Project-Based Learning

YPQA Training Modules

(Youth Development Best Practices)

Based on the work of the Weikert Center
for Youth Program Quality

- Emotional Safety
- Accommodating Environment
- Warm Welcome
- Session Flow
- Active Engagement
- Skill Building
- Encouragement
- Child-Centered Space

- Managing Feelings
- Belonging
- Youth Leadership
- Interaction with Adults
- Youth Planning
- Youth Choice
- Reflection
- Responsibility

Leadership Skills

- Leaders on the Rise (24 contact hours)
- Emotional Intelligence (includes assessment)
- Energy Leadership Index Assessment
- CliftonStrengths formerly StrengthsFinder (includes assessment)
- Coaching Skills for Supervisors
- WHO ARE YOU? Writing your Personal Mission
- Leadership Presence
- Leading from Service and Opportunity
- The Ideal Leader
- Self-Care 101
- Setting Boundaries
- Creating a Positive Feedback Culture
- Crucial Conversations
- Individual Coaching
- Building Trust
- Overcoming Your Negativity Bias

Team Support

- Building a Strong Team
- Communication Skills
- Creating a Celebration Culture
- Positive Parent and Family Engagement
- Team Building

Organizational Support

- Foundations of a Social Emotional Culture
- Culture = Values in Action
- Emotionally Intelligent Organizations
- Building and Keeping Trust
- From Survival to Opportunity
- Understanding and Eliminating Toxic Behaviors
- Identifying the Gap
- Conversations on Equity and Inclusivity

Diversity/Equity/Inclusivity

- Hidden Tendencies (6-part bias workshop)
- Book studies
- Understanding systemic racism
- Understanding the school to prison pipeline
- Behavior plan review, rewrites and training
- Development of proactive action plans
- DEI and Emotional Intelligence
- Racial Battle Fatigue

Parents and Families

- Parents on the Rise
- Building trust
- Coaching skills
- Value-based Parenting
- StrengthFinders for Families

Many youth development programs are also adaptable to families

Direct-to-Youth

- Emotional Intelligence
- Building self-awareness
- Strength Finders
- Teens on the Rise
- Active listening and communication

Assessments

- Energy Leadership Index
- Emotional Intelligence 2.0
- Emotional Intelligence 2.0 360
- CliftonStrengths (formerly known as StrengthsFinder)
- Shift Positive 360

Coaching

- Individual
- Team