

LEAD WITHIN

LEARNING PROGRAM

At Lead, we offer an affordable, year-long program and online resources through Lead Within. Students can build self-confidence, career readiness skills and resilience.

Goal Setting

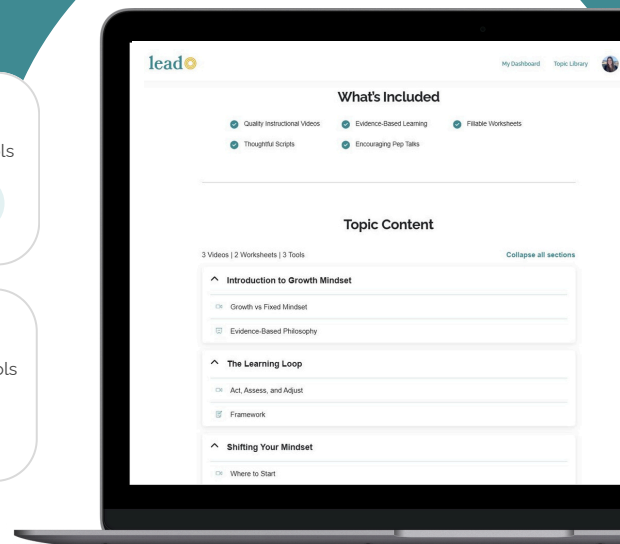
4 Videos | 2 Worksheets | 2 Tools

[View Topic](#)

Confidence

7 Videos | 6 Worksheet | 11 Tools

[Resume Topic](#)



Self-Esteem and Confidence

- | | |
|---|---|
| <input checked="" type="checkbox"/> Recurring self-doubt | <input checked="" type="checkbox"/> Positive affirmations |
| <input checked="" type="checkbox"/> Lack of self-assurance | <input checked="" type="checkbox"/> Confidence |
| <input checked="" type="checkbox"/> Fear of failure | <input checked="" type="checkbox"/> Overcoming self-doubt |
| <input checked="" type="checkbox"/> Second guessing abilities | <input checked="" type="checkbox"/> Identifying strengths |

Taking Care of Your Mind and Body

- | | |
|---|---|
| <input checked="" type="checkbox"/> Overwhelmed by stress | <input checked="" type="checkbox"/> Stress management tools |
| <input checked="" type="checkbox"/> Struggling with alignment | <input checked="" type="checkbox"/> Habit stacking |
| <input checked="" type="checkbox"/> Difficulty prioritizing self-care | <input checked="" type="checkbox"/> Alignment strategies |
| <input checked="" type="checkbox"/> Lack of focus | <input checked="" type="checkbox"/> Embracing the present |

Clarity in Purpose and Goal Setting

- | | |
|---|---|
| <input checked="" type="checkbox"/> Feeling lost, unsure future | <input checked="" type="checkbox"/> Self-reflection exercises |
| <input checked="" type="checkbox"/> Struggling to define goals | <input checked="" type="checkbox"/> Setting SMART goals |
| <input checked="" type="checkbox"/> Unclear about purpose | <input checked="" type="checkbox"/> Craft purpose statement |
| <input checked="" type="checkbox"/> Difficulty in setting next step | <input checked="" type="checkbox"/> Goal breakdown strategies |

Schools who have experienced our program



"We have worked with Lead for many years and are always blown away. Their work with students is what I wish I had at that age. From overcoming limiting beliefs to creating a growth mindset, Lead is just what every community needs!"

- Swan Valley Teacher

Power of Being Positive

This lesson provides practical tools and reflective exercises to help you reframe your thoughts, cultivate joy, and use emotions as a guide to navigate life's challenges with optimism.

5 Videos | 4 Worksheets | 2 Tools

[VIEW TOPIC](#)

Growth Mindset

Explore the contrast between a fixed and growth mindset and understand how adopting a growth mindset fosters resilience, adaptability, and long-term success.

3 Videos | 2 Worksheets | 3 Tools

[VIEW TOPIC](#)

Creating Habits That Stick

In the "Creating Habits That Stick" section of Lead Within, you'll explore practical strategies for building habits that last. Through a deep dive into what has held you back in the past, you'll learn to overcome these obstacles.

3 Videos | 2 Worksheets | 2 Tools

[VIEW TOPIC](#)

Self-Awareness

Welcome to our exploration of self-awareness! Come embark on a journey to uncover the true essence of who you are. While many claim to be self-aware, only a small percentage truly grasp it. Learn practical tools and strategies to help you begin.

4 Videos | 2 Worksheets | 2 Tools

[VIEW TOPIC](#)

Goal Setting

Through introspective exercises and the Wheel of Life assessment, discover areas of your life ripe for growth and create tailored goals to propel you forward. Uncover the importance of setting goals that resonate with your true desires!

4 Videos | 2 Worksheets | 2 Tools

[VIEW TOPIC](#)

Core Values

Discover the power of your core values and how to harness them. Core values shape your behavior, guide choices, and bring clarity to life. Gain tools to uncover and apply these foundational principles in daily decisions.

3 Videos | 2 Worksheets | 2 Tools

[VIEW TOPIC](#)

Self-Esteem

Explore self-esteem fundamentals with practical tools to foster a positive thought of one's self. Master positive self-talk and try writing a letter to your future self to cultivate resilience, clarity, and confidence in your personal growth.

5 Videos | 3 Worksheets | 4 Tools

[VIEW TOPIC](#)

Purpose

Embark on a transformative journey to uncover your unique purpose statement and infuse it into every aspect of your life. Dive into actionable strategies that enabling you to unlock your purpose and create a profound impact on the world.

3 Videos | 2 Worksheets | 2 Tools

[VIEW TOPIC](#)

Limiting Beliefs

Unlock your potential by addressing and conquering your limiting beliefs. Gain the ability to recognize, confront, and triumph over limitations, paving the way for increased confidence and a clearer path forward.

3 Videos | 1 Worksheet | 2 Tools

[VIEW TOPIC](#)

Confidence

Confidence is not just a feeling; it's your pathway to success, resilience, and positive well-being. Explore the significance of confidence, providing you with the tools to trust yourself, embrace your strengths, and conquer any challenge that comes.

7 Videos | 6 Worksheets | 11 Tools

[VIEW TOPIC](#)

Being Present

Being present allows you to fully engage with the richness of life's moments, fostering deeper connections and meaningful experiences. By embracing the present moment, you cultivate mindfulness, reduce stress, and find greater joy and fulfillment.

4 Videos | 3 Worksheets | 3 Scripts

[VIEW TOPIC](#)

Self-Care

Explore diverse strategies to nurture physical, mental, social, emotional, and spiritual health. Learn how prioritizing self-care positively impacts personal and professional connections, creating a ripple effect of positivity and resilience.

4 Videos | 2 Worksheets | 4 Tools

[VIEW TOPIC](#)

Additional Topics Coming in 2025 Include:
Passion, Communication Skills and Leadership