



**VARSITY LEADERSHIP ACADEMY**

# **FACILITATOR GUIDE**



## ***WHAT IS VARSITY LEADERSHIP ACADEMY?***

We believe every person can be a leader because every person has influence. What makes a Varsity Leader is when they use that influence to reach out and impact others.

VLA RAISES UP & MOBILIZES LEADERS through values-based curriculum that leads to transformation. We empower high school students to lead with unity, empathy, and hope through their sphere of influence.

VLA gives students vision for leadership from community leaders and coaches who lend their influence to serve as a model and resource. Through VLA, students learn to self-evaluate, grow through the context of community, and put a growth action step into practice every week. The program will conclude after a team outreach and an opportunity for them to put their leadership skills into action.



**VARSITY LEADERSHIP ACADEMY**

## ***CHECK LIST***

- ☐ Student Pre-Survey
- ☐ 5 Weeks - 1 Value a Week
- ☐ Outreach
- ☐ Student Post-Surveys
- ☐ Team Picture



# OUTCOMES

## **BRIDGES TO BELONG:**

Teams grow in unity and help others be seen as valuable.

## **BRIDGES TO BELIEVE:**

Students grow in their leadership and believe in their influence.

## **BRIDGES TO BECOME:**

Students know how to use their influence to reach out and serve others.

# WHAT IS A FACILITATOR?

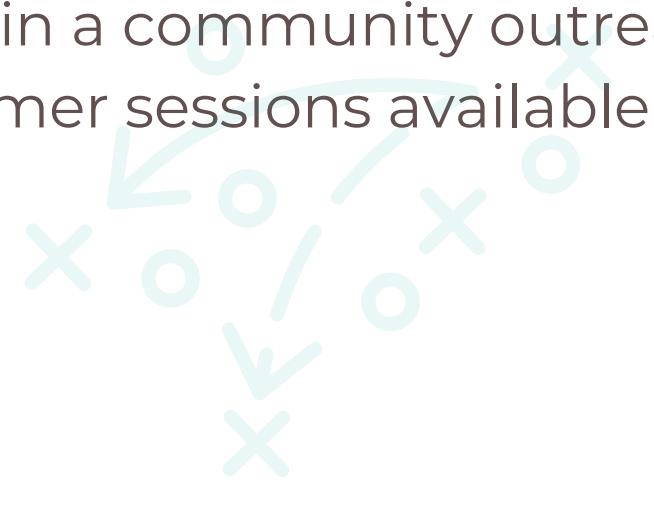
A Facilitator is a model Varsity Leader in the community. They help to encourage students to reflect on how they can develop as a leader. A Facilitator empowers the students to lead with their influence to serve and impact those around them.

## *Other Trademarks of a Facilitator:*

- A participant, model of authenticity, and honest contributor
- Vulnerable (shares weaknesses)
- Shares from his/her own life experiences
- Loves people and respects their opinions
- Keeps the group on track
- Encourages students to take action leading to personal growth
- Helps coordinate outreach in the local community
- Connects to resources of care for student leaders



# GAME PLAN

- Guided by the Facilitator (Ideally with Coach/Group Director)
  - Student Led
  - Pre and Post Survey
  - 5 weeks- 1 Value Per Week
  - Each student will evaluate themselves and keep each other accountable
  - After the course is completed, the group of students will serve in a community outreach
  - Fall, Spring, & Summer sessions available
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# SESSION OUTLINE

Use this reference guide for an estimate on how much time is spent on each section. These times can vary.

## Options for 30/45 minute sessions

**(2/5)** Introduce the value of the week. Give a brief overview of why that value is important as it relates to leadership. Ask a few students why they think this value is important.

**(5/5)** Break students up into groups of 5 to 7 (if over 20 students), have them read the curriculum and underline what sticks out to them

**(5/5)** Discussion within group on what they underlined, learned from this section

**(3/5)** Have them rate themselves and evaluate. They can continue to answer questions for that section

**(8/15)** Have each student in the group share their rating and their answers

**(2/2)** Explain action steps and have them set a goal that is achievable for that week

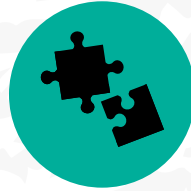
**(5/8)** Discuss the action step and remind students that they will discuss that step to start the next session

# BRIDGE BUILDERS



## Team Building

Quick easy group activities that would go along with leadership



## Games

Anything to get conversation started and everyone out of their seats (i.e. paper, rock, scissors)



## Jokes

To get everyone's attention, you can tell a joke or riddle



## Videos

We have access to short leadership content videos pertaining to the values

Varsity Leadership  
Academy

We will attach these links onto the facilitator page on [Varsityleaders.org](http://Varsityleaders.org)



# OUTREACH GUIDE

- As the Facilitator, feel free to get the team plugged in with any organization you are currently apart of.
- The Facilitator will be in charge of coordinating which days the team is available.

## Helpful Tips:

- Have the coach suggest 2 possible serve dates before starting the leadership curriculum
- Schedule 2 to 3 hour outreach
- If needed, break team up into groups to serve

## Local Outreach:

- Strategic Partnership
- Look to partner with local non-profits
- We want the students to know about local resources in the area
- We want them to be involved with the community



## ***RESOURCE GUIDE***

VLA will provide every locker room with a list of local agencies that provide free or low cost resources for students to use and to notify others.

*Before the first VLA session:*

- Confirm that the coach is in agreement to post the resource guide in the locker room
- Explain to students the importance of local resources
- Point out specific resources available to them in their community
- Encourage students to tell others about resources that are available in the community

***IMPORTANT: Please communicate to students that if they hear of another student being a danger to themselves or to others that they must notify school officials immediately.***

# THANK YOU!

Thank you for taking the time to guide these students and give them an example of what a varsity leader looks like.

## Facilitator Post-Survey

Once you have gone through Varsity Leadership Academy with a team. Please provide feedback by completing this survey.





Varsity Leadership Academy is an educational non-profit organization that was designed to empower high school students to lead with unity, empathy, and hope through their sphere of influence. The program utilizes a leadership curriculum that focuses on values that challenge students to grow in their level of leadership. Students learn to self-evaluate, grow through the context of community, and put a growth action step into practice every week. These meetings are facilitated by community varsity leaders who lend their influence to serve as a model and resource.

## Learn What It Takes to Become a Varsity Leader.

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