



yn youth
leadership
network

TRAINING CATALOG

YOUTH LEADERSHIP NETWORK

The Youth Leadership Network is a collaboration between Leadership Fairfax and the County of Fairfax launched in January 2022. We believe all interested youth in the community must have access to high-quality facilitators and educators to increase their knowledge and build skills necessary for success. This new initiative provides a collective umbrella under which over 100 youth councils in the county can network with students and community leaders, engage in volunteer opportunities, and expand their leadership skills through educational courses that address leadership topics important to the next generation of leaders. The leadership network will also provide training opportunities for advisors and mentors working alongside the youth councils. There is no cost to join the Youth Leadership Network, and all educational training classes and benefits are at no cost to members.



LEAD. UNITE. THRIVE.

Our Core Values

- Exercise community-focused stewardship
- Lead with integrity and accountability
- Embrace respect, inclusion, equity and diversity
- Take action for positive change
- Collaborate for impact



Professionals Core Competencies

- Working and Managing Youth
- Self-Awareness to Lead Others
- Coaching and Mentoring
- Project Management with Teams
- Diversity, Equity and Inclusion (And Safety)
- Communication

Youth Core Competencies

- Self-Awareness, Motivation and Values
- Communication
- Collaboration, Teamwork and Relationship Building
- Diversity, Equity and Inclusion
- Social and Civic Responsibility
- Problem Solving and Decision Making
- Community Knowledge



NETWORK. ENGAGE. EXPAND.

YLN delivers a variety of training programs from half-day & full-day workshops utilizing Leadership Fairfax's network of top subject matter experts. All trainings can be customized to reflect the member's unique organization culture and mission.

How to be a Better Mentor to Youth

Improve your mentoring and coaching skills in this experiential course. Learn how to ask questions, reframe the situation, and help your mentees flourish. How can you create brave spaces that encourage youth to be creative and engage? Gain insight into these concepts and walk away with a plan of action for your next youth meeting.

Conversational Intelligence & Negotiation Skills - Dialogue and Difficult Conversations

Learn about the neurological wiring that makes you tick. Gain a better understanding of how the brain works in stressful and joyful situations. Improve your conversational and empathetic abilities to create better connections and more collaborative environments. Explore alternatives to typical negotiations. Change your perspective and gain a better understanding of why many conversations fail to hit the mark.

DiSC Assessment to improve your future and understand future careers

What if there was a way to ensure your team could understand each other better and collaborate for the win? Explore the DISC behavioral assessment and learn more about the different behavioral styles and combinations within. Understand more about the way different people approach teamwork, problem solving and project planning.

Fairfax County Government Day

Meet influential leaders to learn how government works right here in Fairfax County. How do government officials collaborate with community members, nonprofits, and private entities? Learn more about the election process, where the county budget comes from, government responsibility and rights, and how volunteers and community members have an impact locally.

How to Facilitate a Meeting

Are you prepared for your next committee or council meeting? Learn tips and tricks for keeping meetings on track and participants engaged. Explore options for both in person and virtual meetings and how to tell when it can just be an email.

How to Write a Press Release and Media Outreach

How do you write a press release about an event, a committee, or an interesting story? Did you remember to include the who, what, where, when, and why? Have fun and explore the structure and format of media outreach format in this hands-on course.

Identifying and Using Everyone's Strengths to Build Stronger Teams

Grab your team and jump right in! Dig into a character strengths model to help the team better identify what strengths each of your team members brings to the collective. We are stronger when we value and appreciate the diversity of our abilities and here's a chance to celebrate. Where can your team improve and what abilities might the team try to grow?

Mental Health and Building Communities that Care

What kind of environment are you fostering? Who are the stakeholders in your networks and your environment ensuring safe areas for youth? Learn about issues currently impacting youth mental health, organizations that can provide support, and ways caretakers can build communities that care.

Presentation and Public Speaking Skills

Does the thought of presenting in front of a group of people make your hands sweat, your heart race and your guts crinkle into knots? Did you know that having techniques and practice can help address this response? Learn about posture, reading your audience, vocal inflection, presentation structure and other ways to improve your presentations and public speaking skills.

Résumé Building and Skills Development

Learn the basic principles of creating a résumé that rocks. Should a résumé be one page? Do you really need to include references? What about a headshot? Learn how to choose a structure and words that help your qualities shine through. Everyone has a story to tell and yours needs to stand out.

Storytelling, Vulnerability and Authenticity

Everyone has a story to share. Learn the basic structure of a story, ways to keep your audience engaged, and how the proper story at the right time can shape a new world. Explore what it means to be vulnerable and authentic, and how we can use storytelling to help our organizations, schools, and groups.

What Are Your Values and How Do They Inspire You?

A vast tapestry of various qualities, ideas, experiences, and people inspire humans. How we behave in certain situations is often informed by our values. What values do you hold true? How do they show up in your daily life? What are some ways you can embrace your values and share them with the larger community? Are you living the life that is true to your values? Investigate these questions and more in this self-reflective and thought-provoking course.

GO FARTHER WITH YLN TOOLKITS

YLN Toolkits provide leadership resources, ice breakers and activities that will help maximize your leadership skills. Toolkits can be used in groups or individually.



LEADERSHIP 101

Explore the journey of leadership and learn concepts of being an effective leader.



ADVOCACY 101

Explore various types of advocacy and what it means to advocate for oneself versus advocating at a political level.



PROJECT MANAGEMENT

Discover answers to these questions and more in a basic project management course designed to present techniques like developing timelines, critical milestones, and planning for the worst.



Contact us to book a training today!

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