

YOUTH LEADERSHIP INSTITUTE

TRAINING CATALOG



Table of Contents

YLI Information 3

YLI Cores 4

Leader Development 5



YLI Information

We believe all interested youth in the community should have access to high-quality facilitators and educators to expand their knowledge and build the skills necessary for success.

This initiative provides opportunities for peers, youth and community leaders to engage in volunteer events, share information and connect, and strengthen leadership skills through educational programs focused on topics that matter to the next generation.

The Leadership Network will also offer training opportunities for advisors and mentors who support these youth councils.



YLI Cores

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

Professional 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



Leader Development

NETWORK.ENGAGE.EXPAND.

YLI delivers a variety of training programs, ranging from half-day to full-day workshops, leveraging Leadership Fairfax's network of top subject matter experts. All trainings can be customized to reflect each organization's unique culture and mission.



Leader Development

Mentoring & Coaching for Youth Leaders

Strengthen your mentoring and coaching skills through this interactive, experiential course. Learn how to ask powerful questions, reframe challenges, and support mentees in reaching their full potential. Explore how to create brave spaces that encourage creativity, confidence, and engagement. Walk away with practical tools and a clear action plan for your next youth meeting.

Conversational Intelligence & Negotiation Skills

Discover the neuroscience behind how we think, react, and communicate—especially in moments of stress or conflict. Build stronger conversational and empathetic skills to foster trust, collaboration, and meaningful connection. Challenge traditional approaches to negotiation, shift your perspective, and gain insight into why conversations often miss the mark—and how to make them more effective.

DISC Assessment: Understanding Yourself, Others & Future Careers

Gain valuable insight into your communication style and behavioral tendencies through the DISC assessment. Learn how to better understand others, navigate difficult conversations, and apply these insights to teamwork, leadership, and future career paths.



Leader Development

Mental Health & Building Communities that Care

What kind of environment are you fostering for youth? Who are the key stakeholders in your network helping to ensure safe, supportive spaces? This session explores the current challenges impacting youth mental health and highlights organizations and resources available for support. Learn how caretakers and community leaders can cultivate environments that prioritize well-being, connection, and care.

Identifying & Leveraging Strengths to Build Stronger Teams

Bring your team and dive into a hands-on exploration of character strengths. Identify the unique abilities each member contributes and discover how to harness those strengths to build a more cohesive and effective team. Celebrate diversity in skills, uncover opportunities for growth, and leave with strategies to elevate your team's collective impact.

How to Write a Press Release & Media Outreach

Learn how to craft compelling press releases for events, initiatives, or stories that deserve attention. Understand the essential elements—who, what, where, when, and why—while exploring the structure and format of effective media outreach. This interactive session will give you practical tools to confidently share your message with the right audience.

Running Effective & Engaging Meetings

Are you prepared for your next committee or council meeting? Discover practical tips and strategies for keeping meetings focused, productive, and engaging. Explore best practices for both in-person and virtual formats—and learn how to recognize when something could simply be an email.



Leader Development

Public Speaking & Presentation 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 resume 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.

If these courses interest you, contact us:

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