



# COMMAND THE ROOM

**Finding Your Voice. Owning Your Presence. Leading with Confidence.**



***A Leadership & Communication Program for Youth***

Helping young people speak with confidence, show up with purpose, and lead with authenticity — in school, in life, and in their future careers.

# Youth Leadership & Confidence Program

## Program Summary

*Command the Room* is a youth leadership and communication program designed to help young people build confidence, find their voice, and show up with purpose in school, social, and future professional settings.

This interactive program supports youth in developing **self-awareness, emotional intelligence, and strong communication skills** so they can express themselves clearly, manage their emotions, and lead with confidence—whether in the classroom, at home, or in their communities.

Through guided activities, storytelling, reflection, and practice, participants learn how to introduce themselves with confidence, share their story with impact, and communicate effectively in challenging or high-pressure situations. The program creates a safe, supportive environment where youth feel seen, heard, and empowered to grow.

**Command the Room** helps young people understand that **leadership** isn't about being the loudest voice—it's about knowing who you are, believing in yourself, and communicating with intention and respect.



# Youth Leadership & Communication Series:

A 4-Phase Experience Empowering Youth to Find Their Voice, Share Their Story, and Lead with Confidence

## **Phase 1: Finding Your Voice**

Youth explore identity, confidence, and presence — learning how energy, body language, and mindset affect how they show up.

## **Phase 2: Speaking with Confidence**

Participants learn how to communicate clearly, manage nerves, and express ideas in group settings.

## **Phase 3: Your Story Matters**

Youth craft a short personal story using a simple framework to share experiences, lessons, and growth.

## **Phase 4: Leading in Any Room**

Participants practice real-life scenarios — presentations, interviews, peer conversations — and leave with tools they can use immediately.



# Phase 1: Finding My Voice

## Summary:

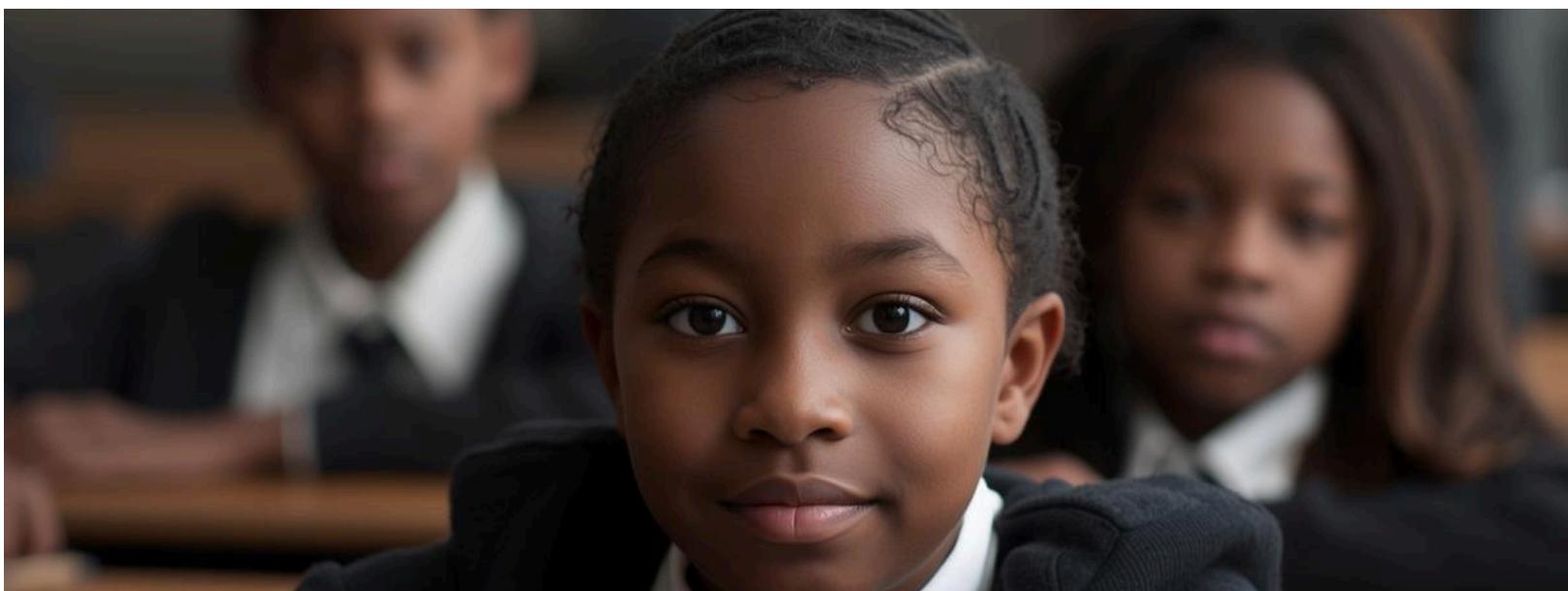
In this foundational phase, youth explore who they are, where they come from, and how their lived experiences shape the way they show up in the world. Through guided reflection and interactive activities, participants begin building self-awareness and confidence by recognizing their strengths, values, and unique perspectives. This session creates a safe space where youth feel seen, heard, and validated — setting the tone for authentic self-expression throughout the program.

**Focus:** Self-awareness, presence, and confidence

## Learning Outcomes:

By the end of this phase, youth will be able to:

- Identify personal strengths, values, and experiences that shape their identity
- Develop increased self-awareness of how they show up in group settings
- Build confidence by recognizing their voice as valuable and worthy of being heard
- Begin forming a positive self-image rooted in authenticity



## Phase 2: Speaking with Confidence

### Summary:

This phase helps youth understand how communication goes beyond words. Participants learn how tone, body language, mindset, and emotional awareness influence how messages are received. Through role-play and real-life scenarios, youth practice expressing themselves clearly while managing nerves, emotions, and reactions. The session emphasizes emotional regulation as a key leadership skill and equips youth with tools to speak calmly and confidently in different situations.

**Focus:** Communication skills and emotional regulation

### Learning Outcomes:

By the end of this session, youth will be able to:

- Understand how tone, body language, and posture affect communication
- Practice speaking clearly and confidently in peer and group settings
- Recognize emotional triggers and apply strategies to regulate reactions
- Increase confidence in expressing thoughts, needs, and opinions respectfully



## Phase 3: Telling My Story

### Summary:

Youth are guided through crafting a short personal story that honors their lived experience and personal journey. Using a simple, supportive storytelling framework, participants reflect on challenges they've faced, lessons learned, and moments of growth. This session encourages pride, self-expression, and ownership of one's story — reinforcing the idea that every experience holds value and meaning.

**Focus:** Storytelling, pride, and expression

### Learning Outcomes:

By the end of this session, youth will be able to:

- Organize personal experiences into a clear and meaningful story
- Use storytelling as a tool for self-expression and confidence
- Develop pride in their lived experiences and personal growth
- Communicate their story in a way that feels authentic and empowering



## Phase 4: Command the Room

### Summary:

In the final session, youth bring everything together. Participants practice introductions, storytelling, and speaking in front of others in a supportive, encouraging environment. This session focuses on courage, growth, and celebrating progress. Youth receive positive feedback and reflect on how their confidence and communication skills have evolved throughout the program — leaving with tools they can use in school, work, and life.

**Focus:** Storytelling, pride, and expression

### Learning Outcomes:

By the end of this session, youth will be able to:

- Confidently introduce themselves and speak in front of a group
- Apply communication and storytelling skills in real-time settings
- Demonstrate increased confidence and self-belief
- Recognize personal growth and articulate how they will use their voice moving forward



# PROGRAM STRUCTURE

By completing the Command the Room program, participants develop the confidence, communication skills, and self-awareness needed to express themselves clearly, advocate for their needs, and show up with purpose in school, community, and future career spaces.



By the end of this program, youth will have:

- A **confident 1-minute self-introduction** they can use in school, interviews, or group settings
- A **3-minute personal story framework** to express who they are and what they stand for
- Tools to manage nerves, anxiety, and self-doubt
- Increased self-awareness and emotional intelligence
- Stronger communication and relationship-building skills
- Confidence to speak up, advocate for themselves, and lead

## Delivery options include:

- A **4-part workshop series** (recommended)
- A **after-school program**
- A **summer enrichment or youth leadership intensive**

Each session is **highly interactive**, combining discussion, activities, reflection, and peer engagement.

# Who This Program Is For

- Middle & High School Students
- Student Leaders & Youth Councils
- After-School & Summer Programs
- Community-Based & Nonprofit Organizations
- Youth Workforce Development & Career Readiness Programs

## ABOUT YHR:

**Your Healthy Reality (YHR)** is a certified **NYC WMBE organizational development** and youth empowerment firm that provides coaching-based, corporate, school- and community-based services focused on social-emotional learning (SEL), personal readiness, career readiness, leadership development, and family engagement.

In school-based settings, YHR partners with middle and high schools to deliver structured youth development programs that support students during periods of transition, re-engagement, or academic and personal challenge. Our services are grounded in NYC's youth development pillars and center youth voice, lived experience, and personal ownership.

## Why Partner with YHR

**Your Healthy Reality** brings a unique, coaching-centered approach to supporting vulnerable students and school communities by bridging best practices from both education and professional environments. Our leadership team has deep Human Resources and organizational development experience and includes **certified corporate life coaches** with extensive backgrounds in coaching, facilitation, and talent development.

YHR's work is informed by years of providing coaching and professional development for global corporations such as **Microsoft, Google, and Flagstar Bank**, as well as NYC agencies including **Department of Transportation, Office of Labor Relations, and Department of Citywide Administrative Services** to name a few. This cross-sector experience allows us to translate proven leadership, communication, and self-awareness strategies used in adult professional settings into developmentally appropriate, trauma-aware programming for youth and families.

What sets YHR apart is our emphasis on relationship-building, intentional reflection, and personal ownership. We meet students and families where they are, center lived experience, and create safe, supportive spaces that foster trust, engagement, and long-term growth. As a partner, YHR is deeply invested in strengthening the entire school ecosystem—students, families, and school staff alike.

## Facilitated By

### Your Healthy Reality

Leadership Development | Workforce Development | Youth Empowerment

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