

# Teen Leadership Project

## Purpose

The Teen Leadership Project is designed to help teens understand themselves more deeply and develop their identity as embodied leaders. Through committing to a cause they care about, teens explore their strengths, challenges, and leadership style. They learn how to move authentically, collaborate, make decisions, and bring ideas from thought to action. This process supports teens in recognizing the power they hold within themselves.

## What Teens Will Do

- Choose and lead a collective project that matters to them
- Practice teamwork, communication, and accountability
- Discover their natural leadership strengths and areas for growth
- Learn how to navigate challenges and celebrate progress
- Experience leadership as a lived, practical skill

## How This Fits into the Bigger Picture

The Leadership Project is one part of the teen experience at The NAVI Way. Throughout the year, teens engage with deeper conversations, tools, and practices focused on self-awareness, emotional literacy, identity development, and intuitive growth.

The work they do in this project builds on everything they're already exploring — from mapping their values and unpacking belief systems, to learning how to regulate their nervous systems, and engaging with various self-development modalities and self-discovery tools. They also have real, honest conversations about both the world around them and the world within.

This isn't a stand-alone project. It's woven into a rhythm of learning that supports teens in becoming more grounded, more self-aware, and more aligned with who they truly are.