



## Training Offerings

Youth At The Center provides a variety of trainings for young people, young adults, and the adults who support them. Our trainings focus on leadership development, diversity, equity, inclusion, and community engagement with the goal that youth and adults have interactions with people from different backgrounds, beliefs, and experiences where they feel seen, heard, and valued. Below are some set trainings as well we are happy to customize a plan for your needs.

### **Foundations for Equitable Leadership** (3.5 hours)

This training focuses on exploring messages each of us has received to better understand the assumptions and judgments we hold and how they can potentially limit the choices, opportunities and access of others.

Training Outcomes:

- Participants will understand how assumptions drive their interactions or lack thereof with other people.
- Participants will understand how their assumptions can become judgments that limit the access, options or choices of other people. This activity also allows individuals to identify the values they hold closest and understand that others might hold different values.
- Participants will reflect on aspects of their identity development and explore how messages they received impact their view of major identity markers, including race, gender, sexual orientation, religion, socio-economic, and ability.

### **Moved to Action** (3 session series)

This training is designed to bring together a diverse coalition of individuals to learn from one another and collectively develop the leadership in addressing issues related to diversity, equity, and inclusion.

- **Session 1: What Do I Believe?:** Setting the foundation of the series by having participants reflect on their beliefs regarding issues of identity (race, gender, age, etc.) and practice sharing these within diverse groups.
- **Session 2: Why Do I Believe This?:** Exploring the messages and experiences that shaped your beliefs and examining the experiences which impacted your actions.
- **Session 3: How Do I Engage Those Who Believe Differently?:** In the final session, participants will challenge themselves in THE work of engaging in courageous conversations with individuals from different backgrounds, beliefs, and experiences.

Facilitator Team: David Weaver, Tynisha Worthy, Shawn Jeffers

### **Contact**

To schedule a training or for more information, please contact Shawn Jeffers, Director of Leadership Development at [shawn@youthatthecenter.org](mailto:shawn@youthatthecenter.org) or 513.404.8191