



# Student Self Leadership Training

NAMI SAN DIEGO

## The Program

This program is designed to be taught in a minimum of five one-hour engaging sessions. Students learn key concepts, practice new skills, and have fun connecting with other students. They finish with a positive attitude, clear goals, and an understanding of what they need to achieve them.

## Social Emotional Learning Competencies

- Self-Awareness
- Social Awareness
- Responsible Decision Making
- Self-Management
- Relationship Skills



## Build the Skillset of a Self - Leader

- Goal Setting
- Diagnosing
- Matching



## Build the Mindset of a Self - Leader

- Activate Points of Power
- Challenge Assumed Constraints
- Become Proactive



**Sign up NOW, Space is Limited**  
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