

# EMPOWERING CONFIDENT YOUTH FRAMEWORK

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Social-Emotional Learning and  
Leadership Development Programs



## EMPOWERING CONFIDENT YOUTH<sup>®</sup>

An Empowering Program to  
Develop Courageous and Successful Youth

**Designed for Children  
8-18 Years of Age**

[EmpoweringConfidentYouth.com](http://EmpoweringConfidentYouth.com)

# **A MESSAGE FROM THE CREATOR OF EMPOWERING CONFIDENT YOUTH**

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Remember when you were young and would dream about what you wanted to be when you “grew up”? It was exciting to look forward to a future full of promise. Since deciding on your profession, if you are like most of us, there have been times when you have felt stagnant and unfulfilled. I know I did. But when those feelings persisted, I realized I needed to do some in-depth soul searching. I started asking myself how I might best put to use my passion for business and for motivating and encouraging others.

Why wait until someone is struggling with these issues to help them? Why not take a leadership role to encourage and instruct young people so they can be equipped with the confidence and knowledge they need to make solid life choices?

Empowering Confident Youth is one answer to that question. The Empowering Confident Youth programs equip and encourage young people to discover who they are and what they are passionate about so they can make wise decisions for their future.

Our programs help students discover what brings them joy in life—through the use of interactive lessons and activities, videos, books, and a community of mentors and partners. Students also learn how to use their discoveries to live a life that is personally fulfilling and successful.

Empowering Confident Youth programs go beyond the traditional social-emotional learning (SEL) programs that emphasize the importance of an orderly community and peaceful social relationships. This program encourages students to do those things because they have been allowed to imagine, build, and live their own present and future. In doing so, I think we can all agree that the world will be in good hands because today’s young people will have the confidence to be influential and conscientious leaders tomorrow.

**Warm Regards,**

*Jean Paul Paulynice, M.B.A*

## Overview

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Empowering Confident Youth is an innovative leadership program that combines **SEL skills** with the principles of **entrepreneurship**. The program embraces critical questioning, creative collaboration, purpose-driven community service, and a continuous desire for personal and career development.

## Vision And Mission

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The goal of the Empowering Confident Youth program is to help students grow into passionate, purpose-driven, successful, and courageous adults.

## Empowering Confident Youth's Story

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Empowering Confident Youth was developed out of a desire to see students live with the assurance of their values, confidence, and a sense of purpose. After experiencing the difference that self-discovery makes, the founder, Jean Paul Paulynice, wanted to bring the opportunity to schools and organizations everywhere.

The high school program was first piloted in 2020 at a public high school in Massachusetts, in which more than 100 students participated. The elementary program began its first pilot in a Boston public school later that year.

Additionally, three branches of YMCAs in central Massachusetts have implemented Empowering Confident Youth's elementary and middle school programs and found them to successfully engage students toward meaningful personal growth. Feedback and data from the pilot programs have resulted in a revised and updated curriculum, as continual learning and frequent assessment are a high priority.

Since the pilot year, several educational leaders have worked to revise the curriculum so it is robust enough for school districts and approachable enough that students from diverse contexts can benefit.

Empowering Confident Youth plans to continue to serve students by leading the way in delivering SEL and leadership development curricula for all ages..



## **Empowering Confident Youth's Core Values**

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1. Provide an inclusive and collaborative learning program that inspires confidence, creativity, integrity, and academic excellence through a deep belief in each student's potential.
2. Support parents, teachers, administrators, and counselors with the tools necessary to help students become socially and emotionally skilled, purpose-driven citizens.
3. Encourage students to be independent, creative, critical thinkers who are driven to pursue their interests with passion and purpose.
4. Offer educational excellence where every student feels respected, included, and empowered to achieve.

## **Empowering Confident Youth's Process**

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Empowering Confident Youth is based on self-discovery—the process of acquiring insight into one's own character—which helps us identify our abilities and leverage them for our success. We believe self-discovery is the foundation of personal growth and development. Once students learn who they are, they are guided through the process of self-analysis—understanding themselves in light of others and the world around them—and planning for their future. In short, we guide students to understand themselves, develop their gifts, and accomplish their goals.



## **Empowering Confident Youth's Programs**

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Empowering Confident Youth currently has three SEL and leadership development programs, each built to meet the developmental needs of each age group: Building Confidence and Curiosity through Play and Self-Discovery for elementary school students, Building Confidence and Purpose through Active Self-Discovery for middle school students, and A Purpose-Driven Future for high school students.

## **Empowering Confident Youth's Learning Outcome**

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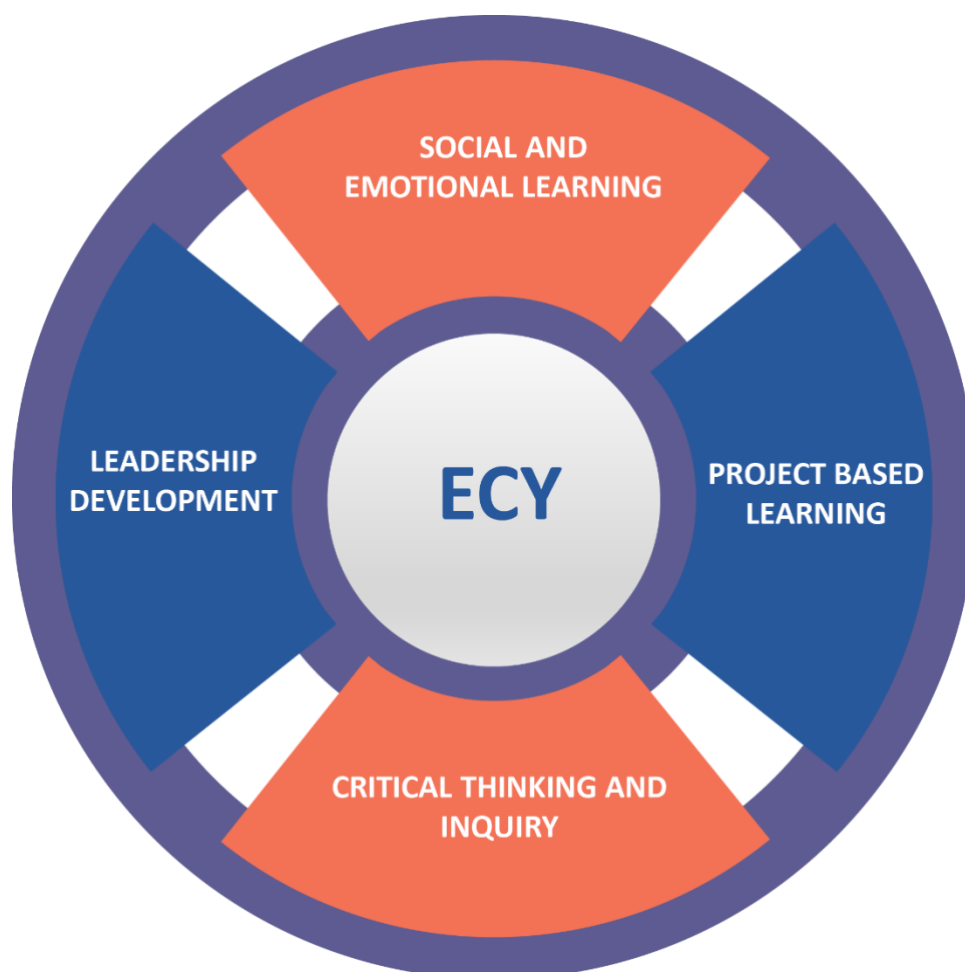
Through Empowering Confident Youth programs, students:

<ul style="list-style-type: none"><li>▪ Discover their strengths and interests</li></ul>	<ul style="list-style-type: none"><li>▪ Articulate their values</li></ul>
<ul style="list-style-type: none"><li>▪ Discover how they can contribute to the good of their community</li></ul>	<ul style="list-style-type: none"><li>▪ Grow in their social skills, including showing respect and appreciating diversity</li></ul>
<ul style="list-style-type: none"><li>▪ Increase their self-confidence</li></ul>	<ul style="list-style-type: none"><li>▪ Practice forward-thinking and begin planning for their future success</li></ul>
<ul style="list-style-type: none"><li>▪ Develop their leadership skills</li></ul>	<ul style="list-style-type: none"><li>▪ Learn to regulate their emotions</li></ul>

## Distinctives of Empowering Confident Youth

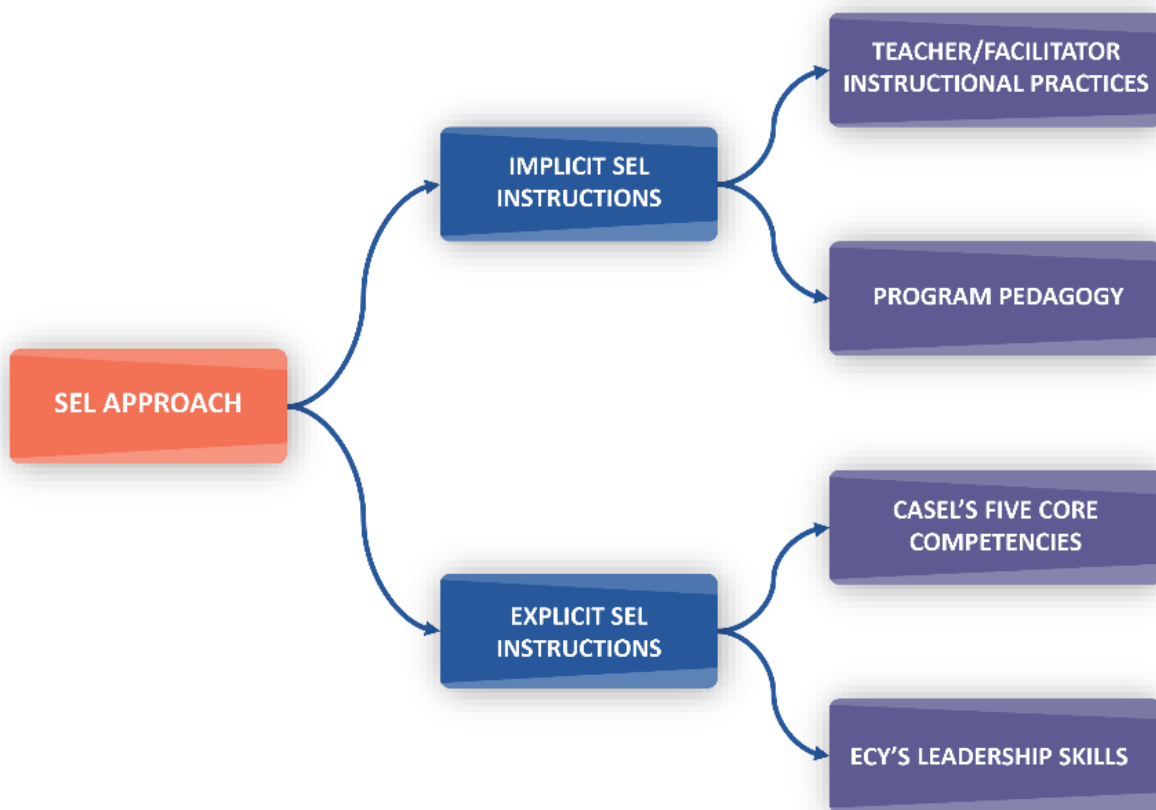
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1. Empowering Confident Youth uses **questioning** as a key component of the learning process. Meaningful dialogue is foundational to the program, as it stimulates **critical thinking** while growing students' social awareness and relationship skills. The respectful conversation around ideas that matter is the goal for every discussion.
2. Empowering Confident Youth uses **project-based learning**, in which students create hands-on projects to express their unique understanding and perspective.
3. Empowering Confident Youth relies on **mentoring to develop leaders**. Facilitators and teachers are guided in sharing personal, meaningful stories so real-life experiences provide memorable insight for students to glean wisdom.
4. Empowering Confident Youth is a **SEL curriculum**, structured around the Collaborative for Academic, Social, and Emotional Learning (CASEL)'s five core competencies.



## Empowering Confident Youth's SEL Approach

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## Empowering Confident Youth's SEL Alignment

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How Empowering Confident Youth Aligns:

- **CASEL-Aligned:**

Empowering Confident Youth is CASEL aligned and teaches all five of CASEL's core competencies.

- **Evidence-Based Learning:**

Empowering Confident Youth will be submitted for review to CASEL when the organization launches its next round of reviews.

The program is projected to be deemed evidence-based by early 2021.

It uses facilitator, teacher, and student data for continual improvement via pre- and post-program surveys.

## Empowering Confident Youth's Program Pedagogy

<u>FEATURE</u>	<u>PURPOSE</u>
Mentor Corner	The group leader or teacher shares their personal experience as a rich learning opportunity.
Pair–Share	Students partner up with a peer (either in-person or in a virtual breakout room) to discuss a question or solve a problem.
Group Activities	Students enjoy a fun learning experience with their peers while building their social skills.
Hands-On Projects	Students develop their creativity and grow in self-expression.
Original Videos	Original videos engage students by explaining SEL and leadership skills.
Reflection Questions	The whole-group discussion develops critical-thinking and communication skills.
Look Ahead	Students get a sneak peek at their next topic and record their initial thoughts.
Activate Learning	Students share their thinking to open a new module and activate prior knowledge.
Weekly Quizzes	Engage students and grow their understanding of a specific skill or concept.
Game Time	Students participate in interactive games to grow in their social skills.
Review/Assessment	Students articulate their learning in engaging review formats like a game show.
Student Incentives	<p>TOKENS:</p> <ul style="list-style-type: none"> <li>• Encourage full participation</li> <li>• Promote friendly competition</li> </ul> <p>BADGES:</p> <ul style="list-style-type: none"> <li>• Encourage critical thinking</li> <li>• Define mastery of a leadership skill</li> <li>• Motivate learners to engage</li> </ul>

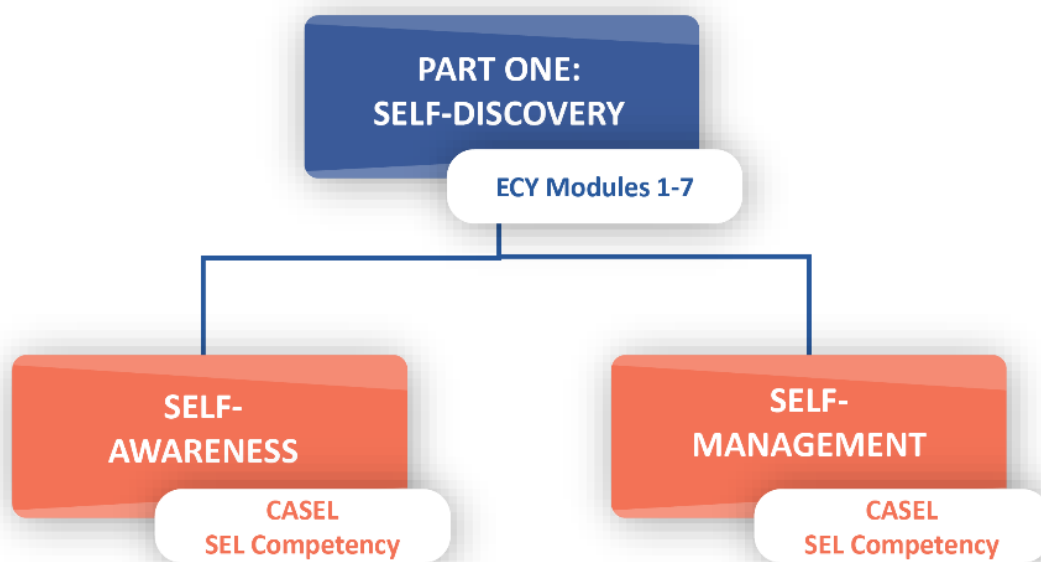


## Empowering Confident Youth's SEL Alignment

CASEL SEL Core Competency	ECY Modules: Part 1	ECY Modules: Part 2
Self-Awareness	1, 2, 3	8, 10
Self-Management	4, 5, 6, 7	10
Social Awareness		9
Relationship Skills		9, 11
Responsible Decision-Making		8, 11

# Empowering Confident Youth's Program Overview: Part One (Middle and High School)

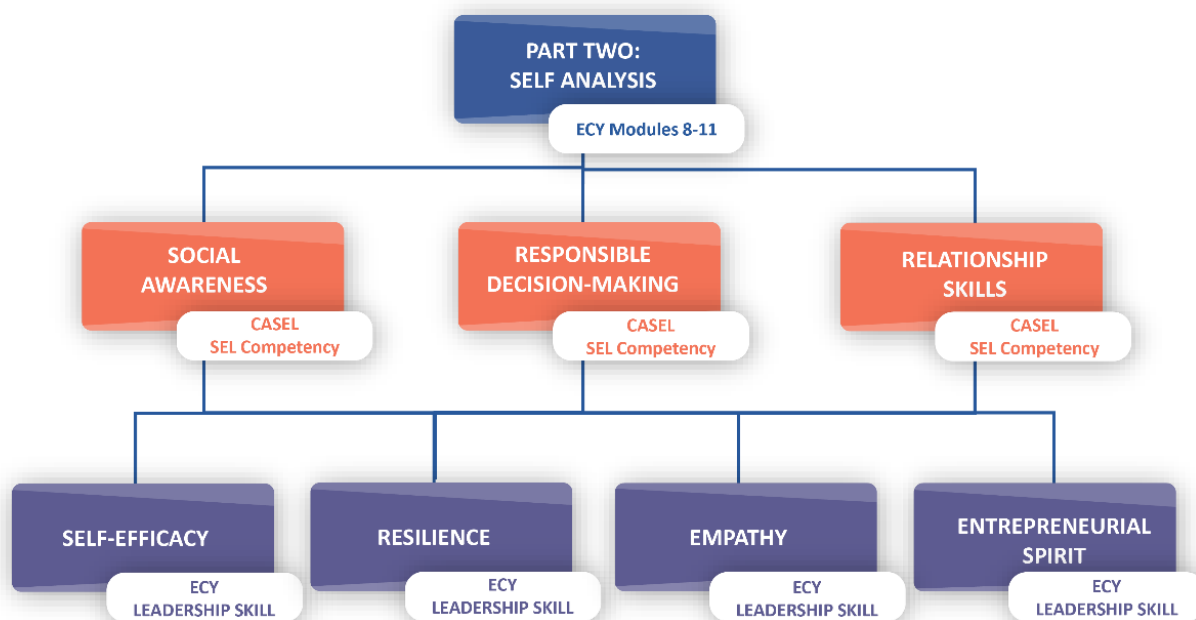
Part One of the program uses **self-discovery** to explore oneself. It covers **self-awareness** and **self-management** through considering the questions below.



ECY Program: Part One	Guiding Question	SEL CASEL Competency
Module 1	Who am I?	Self-Awareness
Module 2	How do I uncover my unique self?	Self-Awareness
Module 3	What are my core values?	Self-Awareness
Module 4	What are my superpowers (i.e., talents and skills)?	Self-Management
Module 5	What are my strongest interests?	Self-Management
Module 6	How do I set and achieve purposeful goals?	Self-Management
Module 7	How do I get past my doubts and fears?	Self-Management

## Empowering Confident Youth's Program Overview: Part Two (Middle and High School)

Part Two uses **self-analysis** and considers how one interacts with others and their community through considering the questions below. Part Two covers **social awareness**, **relationship skills**, and **responsible decision-making**, in addition to building on students' self-awareness and self-management. In this self-analysis, students cultivate a key leadership skill in each module.



ECY Program: Part Two	Guiding Question	SEL CASEL Competencies	ECY Leadership Skill
Module 8	How can I grow in self-confidence?	Self-Awareness Responsible Decision-Making	Self-Efficacy
Module 9	How do I own my place in the world?	Social Awareness Relationship Skills	Empathy
Module 10	How I manage my emotions in healthy ways?	Self-Awareness Self-Management	Resilience
Module 11	How do I become a leader?	Relationship Skills Responsible Decision-Making	Entrepreneurial Spirit

## Empowering Confident Youth Leadership Skills (Middle and High School)

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These are the skills we believe to be present in every leader. In the second half of the program, the students build on their foundational SEL skills (i.e., self-awareness and self-management) and are guided to cultivate leadership skills that combine SEL competencies and cumulative learning.

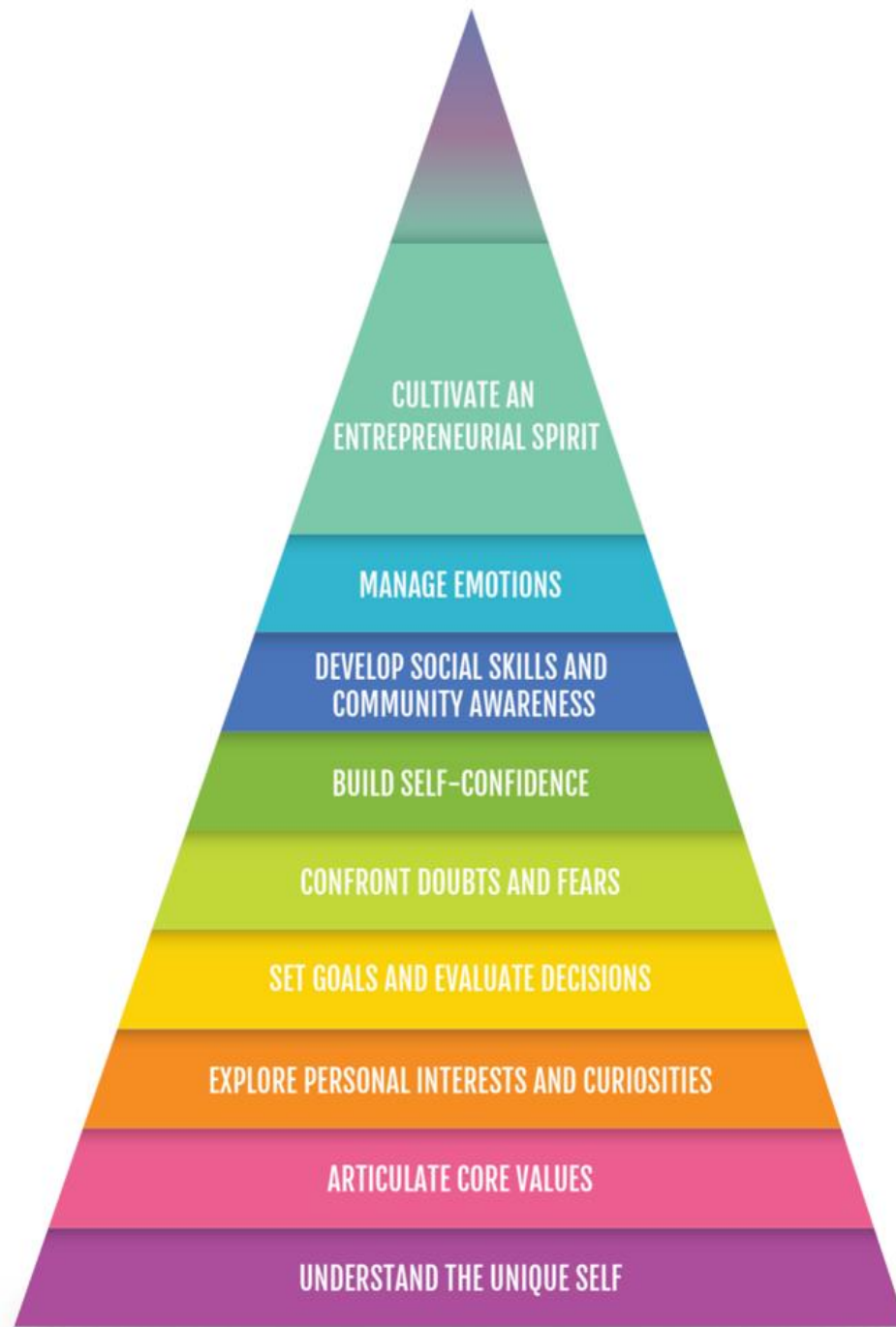
- **Self-efficacy** is belief that you can control yourself and steer yourself to success.
- **Resilience** is the ability to cope with whatever comes your way.
- **Empathy** is understanding and sharing the feelings of another.
- Having an **entrepreneurial spirit** means living with passion and purpose, following your dreams, and refusing to accept defeat.



## Empowering Confident Youth's Program Roadmap (Middle and High School)

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These **Key Pillars** form a roadmap young people everywhere can use to explore and develop what we call an **entrepreneurial spirit**. We define an entrepreneurial spirit as living with passion and purpose, following your dreams, and refusing to accept defeat. Our theory is that young people with this level of intrinsic enthusiasm for life will be exceptional community members, amazing parents, and capable leaders.





## Empowering Confident Youth's Complete Scope and Sequence (Middle and High School)

	Objectives	Guiding Question	CASEL Competencies	ECY Key Pillar	ECY Leadership Skill
<b>Module 1: Discovering Me</b>	Explore the five core competencies of SEL.  Understand and grow in self-awareness.	Who am I?	Self-Awareness	Pillar 1: Understand the Unique Self	
<b>Module 2: Understanding My Unique Self</b>	Explore my unique passions and dreams.  Grow in accurate self-perception.	How do I uncover my unique self?	Self-Awareness	Pillar 1: Understand the Unique Self	
<b>Module 3: Articulating My Core Values</b>	Discover and “own” my core values.  Grow in self-confidence as I uncover my core values.	What are my core values?	Self-Awareness	Pillar 2: Articulate Core Values	
<b>Module 4: Me and My Super Powers</b>	Identify my strengths and special talents through self-reflection.  Explore my personality traits and how they might help me and others.	What are my superpowers (i.e., skills, strengths, and talents)?	Self-Awareness  Self-Management	Pillar 3: Explore Personal Interests and Curiosities	

<b>Module 5: Taking a Fresh Look at My Strongest Interests</b>	<p>Explore personal interests and curiosities.</p> <p>Determine potential careers based on those interests.</p>	What are my strongest interests?	Self-Management	Pillar 3: Explore Personal Interests and Curiosities	
<b>Module 6: Goal Setting and Purpose-Driven Choices</b>	<p>Set meaningful and purposeful goals for myself.</p> <p>Make an action plan to achieve my goals and troubleshoot obstacles.</p>	How do I set and achieve purposeful goals?	Self-Management	Pillar 4: Set Goals and Evaluate Decisions	
<b>Module 7: Leaving My Doubts and Fears Behind</b>	<p>Recognize that doubts and fears are common.</p> <p>Determine, evaluate and use strategies for overcoming doubts and fears.</p>	How do I get past my doubts and fears?	Self-Management	Pillar 5: Confront Doubts and Fears	
<b>Module 8: Building My Confidence Muscle</b>	<p>Investigate entrepreneurial ways to use my strengths.</p> <p>Make a plan to support my weaknesses.</p>	How do I build my confidence muscle?	Self-Awareness Responsible Decision-Making	Pillar 6: Build Self-Confidence	Self-Efficacy

<b>Module 9: Owning My Place in the World</b>	<p>Develop my social awareness and social skills.</p> <p>Determine how I can contribute to the greater good.</p>	How do I own my place in the world?	<p>Social Awareness</p> <p>Relationship Skills</p>	Pillar 7: Develop Social Skills and Community Awareness	Empathy
<b>Module 10: Understanding and Controlling My Emotions</b>	<p>Build my emotional awareness by recognizing and naming emotions.</p> <p>Explore healthy and unhealthy ways to handle difficult emotions.</p>	How can I manage my emotions in healthy ways?	<p>Self-Awareness</p> <p>Self-Management</p>	Pillar 8: Manage Emotions	Resilience
<b>Module 11: Becoming a Leader</b>	<p>Explore what it takes to be a leader in my home, school, group, club, sport, or workplace.</p> <p>Develop critical-thinking skills for solving complex problems and overcoming obstacles.</p> <p>Grow my entrepreneurial spirit.</p>	How do I become a leader?	<p>Relationship Skills</p> <p>Responsible Decision-Making</p>	Pillar 9: Cultivate an Entrepreneurial Spirit	Entrepreneurial Spirit

# FAQs

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## 1. Why is this program needed?

- We help students cope with COVID-19-related change by guiding them through effective emotional control and stress management.
- We help students gain a sense of meaning and develop a hopeful perspective for their future through planning a career path based on their self-discovery.
- We develop social skills through collaborative learning and help foster powerful, positive relationships between peers and mentors.

## 2. What's unique about this program?

With so many SEL programs to choose from, deciding on a program that fits your students'

needs can be challenging. In addition to offering a curriculum backed by SEL research, Empowering Confident Youth focuses on educational, career, and life readiness through the teaching of entrepreneurial leadership skills. The world today is complex at its best and volatile at its worst, so it is imperative that we prepare students with the tools they need to adapt and thrive.

## 3. How can it be implemented?

- Each module is designed to take approximately 60 minutes.
- Pacing is flexible, but most facilitators choose to teach one module per week.
- Modules can be taught one after another or be divided into two parts with a break in between—Part One (Self-Discovery): Modules 1–7 and Part Two (Self-Analysis): Modules 8–11.

The power of this workshop-based program is in its flexibility. You are provided with a complete syllabus and program materials, which we recommend teaching with fidelity the first time. The course topics are designed to be presented in a specific order because the experiences build on each other module by module. However, as the instructor, you have the flexibility to be responsive to your group. Include your own

life experiences, your knowledge of your students' personalities, and your community circumstances as you deem appropriate.

#### **4. What is included?**

- The digital program is an all-inclusive slideshow presentation and needs no additional materials besides paper and writing tools. It requires little preparation on the teacher/facilitator's part, as each module takes a reasonable, easy-to-follow step toward the learning objectives. Teacher/facilitator notes are included in the presentation.
- One of our driving purposes at Empowering Confident Youth is to make our programs and workshops a relevant part of the SEL dialogue in schools and community organizations. We want to provide ongoing support, so teachers, counselors, and mentors have the resources to keep these concepts current and timely for students. We also want to provide strategies to help you reach more reluctant students. The Empowering Confident Youth team of professionals is here for you if you feel you need further support.
- As a part of your purchase, you will also receive access to learning content that is continually assessed and updated with user feedback and data.



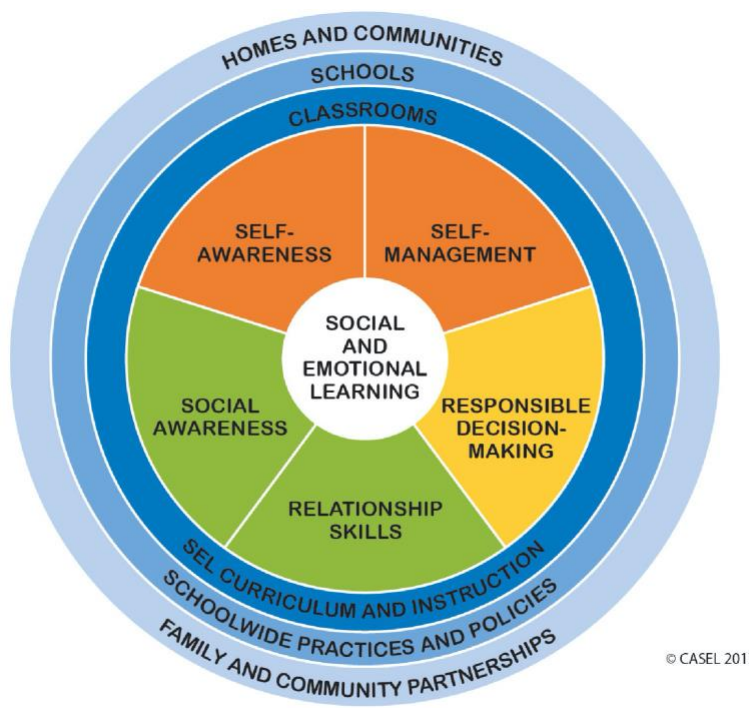
## Additional Resources

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### Social-Emotional Learning Explained

SEL is the process of developing students' social-emotional competencies—the knowledge, skills, attitudes, and behaviors individuals need to make successful choices (CASEL, 2013). SEL promotes activities that develop students' ability to recognize and manage emotions, build relationships, solve interpersonal problems, and make effective and ethical decisions (Payton, Wardlaw, Graczyk, Bloodworth, Tompsett, & Weissberg, 2000). When students develop social-emotional competencies, they are more capable of seeking help when needed, managing their own emotions, and problem-solving difficult situations (Romasz, Kantor, & Elias, 2004).

There are five core SEL competencies, each addressing multiple skills students need to be successful in school and their future careers, according to CASEL. The five overarching competencies are: Self-Awareness, Self-Management, Social Awareness, Responsible Decision-Making, and Relationship Skills.



Throughout the past two decades, an extensive body of research has emerged to suggest that SEL can give youth the foundational skills needed to handle life's challenges with clarity and confidence.

Integrating social and emotional skills (e.g., persisting through failure, showing empathy for others, utilizing problem-solving skills, etc.) into students' educational experience leads to greater academic achievement for children as well as improvements in mental health, social skills, and future career success. Students who participated in evidence-based SEL programs showed an 11% point gain in academic achievement, according to a 2011 meta-analysis of 213 studies involving more than 270,000 students.

Furthermore, there is a strong return on investment for implementing SEL programs. A review of six interventions in evidence-based SEL programs showed that for every \$1 invested, there was an economic return of \$11.

Other benefits of competence in social-emotional skills include improved attitudes and behaviors, decreased conduct problems, reduced emotional stress, and positive social behaviors (Center on Great Teachers and Leaders, 2020).

These findings have led to a rapidly escalating focus on SEL in the pre-K–12 education system in the United States. Every state has established formal preschool SEL standards and expected outcomes for students. The number of states with SEL standards from kindergarten through high school is projected to increase from only one in 2011 to 16 in 2019 (Center on Great Teachers and Leaders, 2020).

## **Benefits of Active Self-Discovery**

Self-discovery—the process of acquiring insight into one's own character—helps us identify our abilities and learn how we can leverage and develop them. It is the foundation of transformation, personal growth, and individual development.

Research indicates that directed discovery can be an incredibly motivating process and a very formative one in the lives of adolescents. The effect of intentional reflection, exploring one's passions, and connecting values to purpose allows us to discover who we truly are.

Other benefits of self-discovery in students include:

- Increased connection with others
- Increased self-confidence
- Decreased stress (especially in students who have experienced adverse childhood experiences)

Furthermore, discovering our passions can bring simplicity to our lives. It can bring us a new sense of freedom in our day-to-day actions, as we can be guided by this proverbial “north star”—determination and motivation for serving ourselves and others that are grounded in purpose and passion.



**EMPOWERING CONFIDENT YOUTH**