

COACH

PROGRAM INFORMATION

Thank you for your interest in becoming involved as a volunteer Coach (Mentor) with In the Lead. Here is some information about the program.

WHAT IS IN THE LEAD?

In the Lead is an innovative leadership development and coaching/mentoring program that uses a strength based approach to build on innate leadership ability and character development in young people.

Volunteer Coaches/Mentors engage young people through developing a supportive, caring relationship. By connecting with a young person and focusing on what is strong in them as opposed to what is wrong, volunteer Coaches can establish a unique relationship foundation.

The young people who are nominated to participate in In the Lead are not typically recognized for their leadership strengths but show a spark of potential. In the Lead Coaches foster that potential through casual communication, connecting one on one and group volunteering events.

IS IN THE LEAD RIGHT FOR YOU?

THE COMMITMENT

Volunteer Coaches/Mentors interested in participating in this program must be able to commit to:

- Completing the application and screening process
- Participating in 2, three hour in-person training sessions , and 2 online Coach Connect sessions for one hour (see Calendar for dates/times)
- Attending “Meet Up”, an event where Young Leaders and Coaches will be introduced to each other (see Calendar for dates/times)
- Connecting regularly with an assigned Young Leader through texts, phone calls, in person (approximately 4 hrs/month)
- Attending 2 group volunteering events (see Calendar for dates/times)
- Attending “Wrap Up”, a celebration of the leadership journey for both Young Leaders and Coaches/Mentors (see Calendar for dates/times)

THE COACH MINDSET

Volunteer Coaches/Mentors interested in participating in this program should have the following qualities:

- Self aware, caring and flexible
- A genuine desire to learn about and encourage a young person
- A willingness to set aside expectations and allow space for a relationship to evolve naturally

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PROGRAM COMPONENTS

There are three main components to In the Lead:

01

ONE ON ONE COACHING

Each Young Leader is paired with a volunteer Coach for the duration of the program. The role of the Coach is simple: get to know a great young person, find out what strengths they have and encourage them to use those strengths. Young Leaders and Coaches connect in different ways; ongoing text and phone conversations, meetings in the community and during group volunteering events.

02

GROUP VOLUNTEERING

Young Leaders and Coaches participate in group volunteering events in the community. There are typically 2 volunteering events which are a great way for Young Leaders and Coaches to connect and learn about each other in a fun and meaningful way.

03

WEEKLY LEADERSHIP DEVELOPMENT CLASSES

Over the course of 12-16 weeks, the equivalent of one semester, the Young Leaders meet weekly as a group with an In the Lead facilitator to work through a leadership curriculum based on 7 Core Leadership Competencies. **It is not expected for Coaches to attend weekly classes**, but highly encouraged to attend at least one or two as it allows for Coaches to connect with their Young Leader in a class setting.

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What's in it for you?

GROW AS A COACH/MENTOR

Volunteer Coaches will learn and experience what it's like to build trust, to look for possibilities, to surface strategies that lean into those possibilities, and to be mutually accountable. They will experience how to advance, how to re-assess, how to re-tool and how to energize.

GROW AS A LISTENER

Volunteer Coaches will increase their listening skills. Through instruction, practice and real-life experience, they will learn to listen for meaning and impact, even for what's between the lines.

GROW A STRENGTH-BASED MINDSET

Volunteer Coaches will learn to uncover and explore the hidden strengths in another person.

GROW YOUR CREATIVITY

Volunteer Coaches will learn from their Young Leader new ways of looking at the world. They will discover new possibilities to deal with opportunities and challenges, and grow to understand youth culture as it exists today from a different perspective.

GROW YOUR COMFORT ZONE

Volunteer Coaches will learn how to engage, build effective relationships and navigate through barriers (ie: unresponsiveness, radically differing priorities, reluctance, apprehension and attitude). They will learn to connect with someone who potentially starts from a non-trusting place. Coaches will become more comfortable in challenging situations and more focused on the bigger picture outcome than the moment-by-moment challenges.

GROW YOUR SELF-AWARENESS

Volunteer Coaches will become more in touch with themselves. They will engage with their own story and learn to share pieces of it to help another. Volunteers will reflect on and possibly share, their own successes, challenges, possibilities and hiccups. As the Young Leader grows into their future, the volunteer will grow too. "What is possible," will become a question both people ask. Exploring and discussing each others' strengths and sparks will begin the adventure.

GROW YOUR FOCUS ON OUTCOMES

Volunteer Coaches will experience what it is like to focus on their natural instincts as leaders, managers and team players. As a volunteer in this program, the journey will be full of unpredictable moments and unexpected positive outcomes.

As volunteers remain committed to their natural strengths within the program, they will continually sharpen their leadership instincts and develop their relationship management skills.

EVERYONE NEEDS
SOMEONE WHO
BELIEVES IN THEM.

Will it
be you?

For more information, please email volunteer@cyjs.ca.

COACH INFO + ENROLMENT

IN THE
LEAD

03