



LEADERSHIP FIRST ACADEMY

STUDENT WORKBOOK AND GUIDE

MVP360 | Leadership Development Programs

Juniors: Grades 6–8

Seniors: Grades 9–12

Empowering youth to become leaders and productive members of society.

Equal opportunity athletics and educational programs in the communities we serve.

PROGRAM PURPOSE

A four-quarter life-skills program that builds self-evaluation, professionalism, problem solving, and leadership. Each quarter can stand on its own. Created by a retired U.S. Air Force veteran using military, civilian, and educational resources. Designed for all youth, particularly those in low-income, underserved, and disadvantaged communities.

FOUR QUARTERS OF LEADERSHIP DEVELOPMENT

1 SELF-EVALUATION & GROUP INTERACTION

Group Interaction • Leader/Follower Interaction • Team Building

Focus on Motives, Values, and Personality (MVP). Understand how self-view vs. others' perception affects communication and healthy relationships.

2 SELF-AWARENESS & PROFESSIONALISM

Professional Conduct • Relationships • Standards & Discipline

Ethics and public conduct. Keep professional boundaries with peers and authority. Set standards and practice self-discipline.

3 MANAGING PERSONAL & PROFESSIONAL OBSTACLES

Time Management • Stress Management • Problem Solving

Prioritize with a to-do list and ABC method. Manage stress. Use brainstorming and a six-step problem-solving process.

4 DEALING WITH CHALLENGES & LEADING OTHERS

Conflict Management • Change Management • Situational Leadership

Negotiate conflict, implement change in three steps, and match leadership style to the person and the situation.

LEGACY LAB — CAREER PATHWAYS

A realistic, attainable plan for youth in or entering high school.

- Sports Management
- Multimedia Productions
- Business Development
- S.T.E.A.M. Careers

CAPSTONE PROJECT

- ▶ Identify options from personality, interests, values, and skills
- ▶ Prioritize, compare paths, and make a choice
- ▶ Set SMART goals and write a career action plan
- ▶ 3-page paper plus a 2–5 minute presentation

WE PLEDGE TO

Provide affordable sports and recreation • Assist families with real-life opportunities for advancement

Promote creativity in low-income communities • Deliver unique, innovative, and high-quality community programs