

# YOUNG MVP™

DEVELOPING YOUNG LEADERS



LIFE AND SUCCESS MEDIA  
Passionate about your success

## **Young-MVP Leadership Courses**

Developed by author and motivational speaker, Allan Sealy, The Y-MVP Leadership Courses aims to unleash the unlimited potential of young achievers and visionaries, by employing success principles, and proven life-skill strategies. The main skills developed through the program include:

- **Vision101**
- **Assertiveness**
- **Self-Awareness**
- **Emotional Intelligence**
- **Maximising Your Time**
- **How to Become Inspirational**

The main ethos of Y-MVP is to make young people aware of their VALUE, and creative ability to imagine and build a better future.

# Vision 101

Discover your compelling dream!

In 2014, Kenyan born actress, Lupita Nyong'o mesmerised the world, when she won the Oscar for best supporting actress. Her acceptance went on to be the most powerful moment of the night which ended with the message:

*"When I look down at this golden statue, may it remind me and every child, no matter where you're from, your dreams are valid."*

Everyone has a vision, or a dream! If you don't have a dream, it is only because you are yet to discover your true passion. Creating a compelling vision of the life you want is one of the most effective strategies unleashing your leadership potential.

Y-MVP's **VISION 101** module provides a number of practical models and techniques that will give students the framework needed to discover, and crystallise their compelling dream.



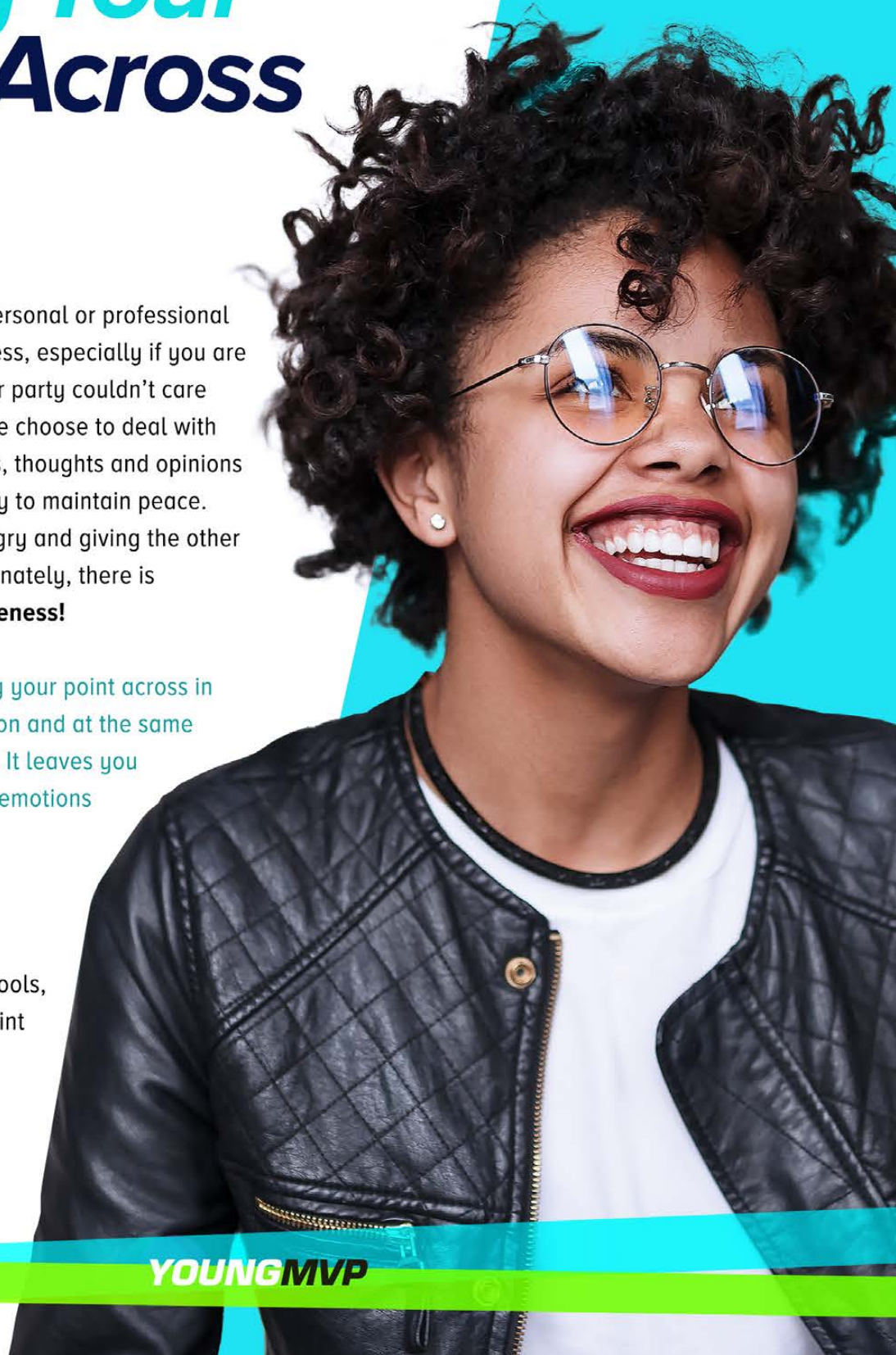
# Getting Your Point Across

## Assertiveness

Getting your point across on a personal or professional level can be quite a tricky business, especially if you are not taken seriously or if the other party couldn't care less what you think. Some people choose to deal with this by suppressing their feelings, thoughts and opinions for fear of confrontation or simply to maintain peace. Others deal with it by getting angry and giving the other party a piece of their mind. Fortunately, there is another way. It's called **assertiveness!**

Assertiveness is the art of getting your point across in a way that values the other person and at the same time raises their estimate of you. It leaves you calm and fully in control of your emotions and of the situation at large.

Y-MVP's - **Assertiveness** module teaches students the laws of assertiveness, along with other tools, empowering them to get their point across, while at the same time, adding value to others.





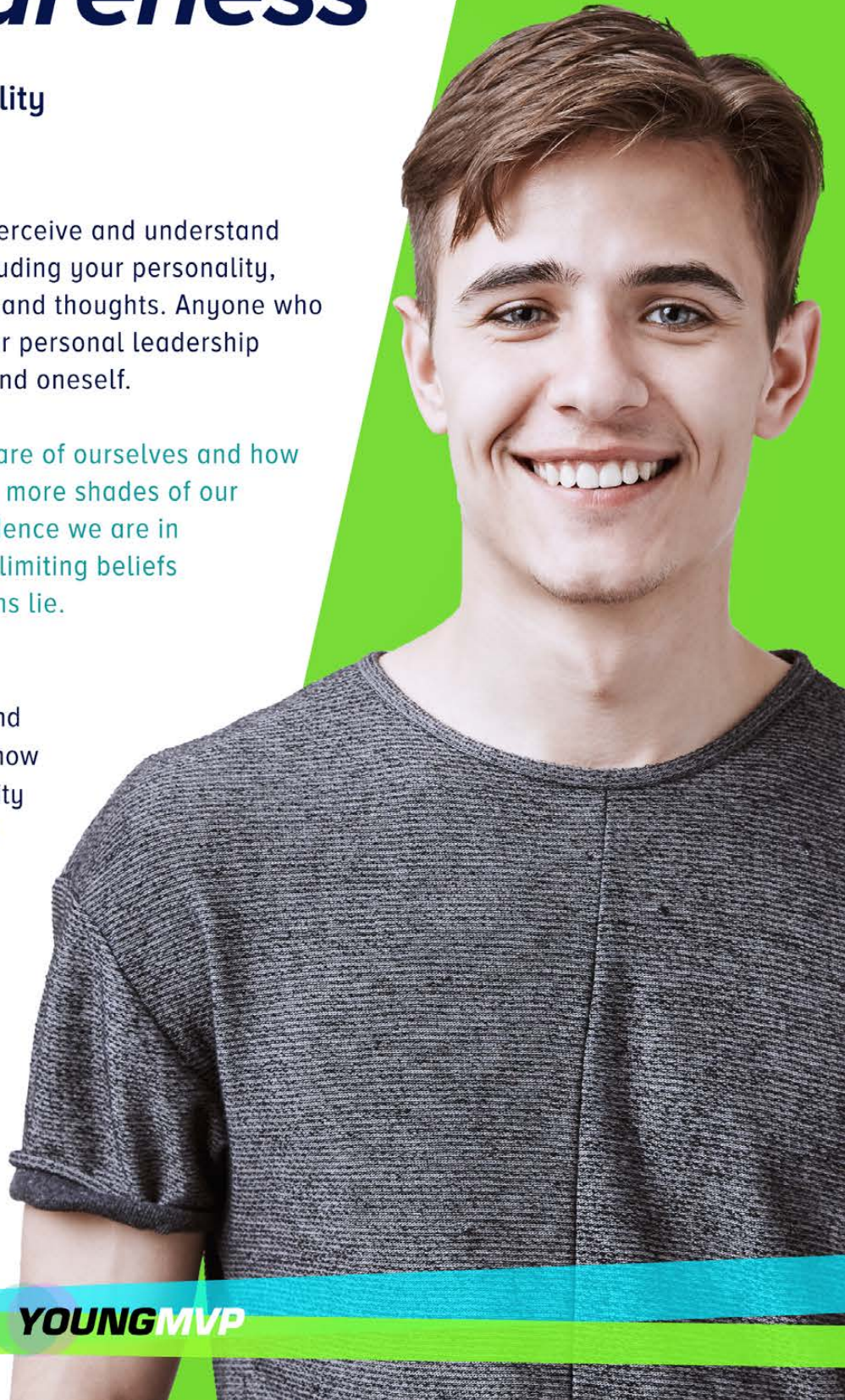
# Self Awareness

## Understanding Your Personality

Self-awareness is your ability to perceive and understand what makes you who you are, including your personality, actions, values, beliefs, emotions, and thoughts. Anyone who is dedicated to self-improvement or personal leadership needs to actively seek to understand oneself.

As we practice becoming more aware of ourselves and how others perceive us, we learn many more shades of our characteristics to a minute level. Hence we are in a better position to overcome self-limiting beliefs and understand where our strengths lie.

Y-MVP's - **Self-Awareness** module provides several practical models and techniques that will teach students how to understand their unique personality so they can quickly predict how and why they respond to situations the way they do.



# *Emotional Intelligence*

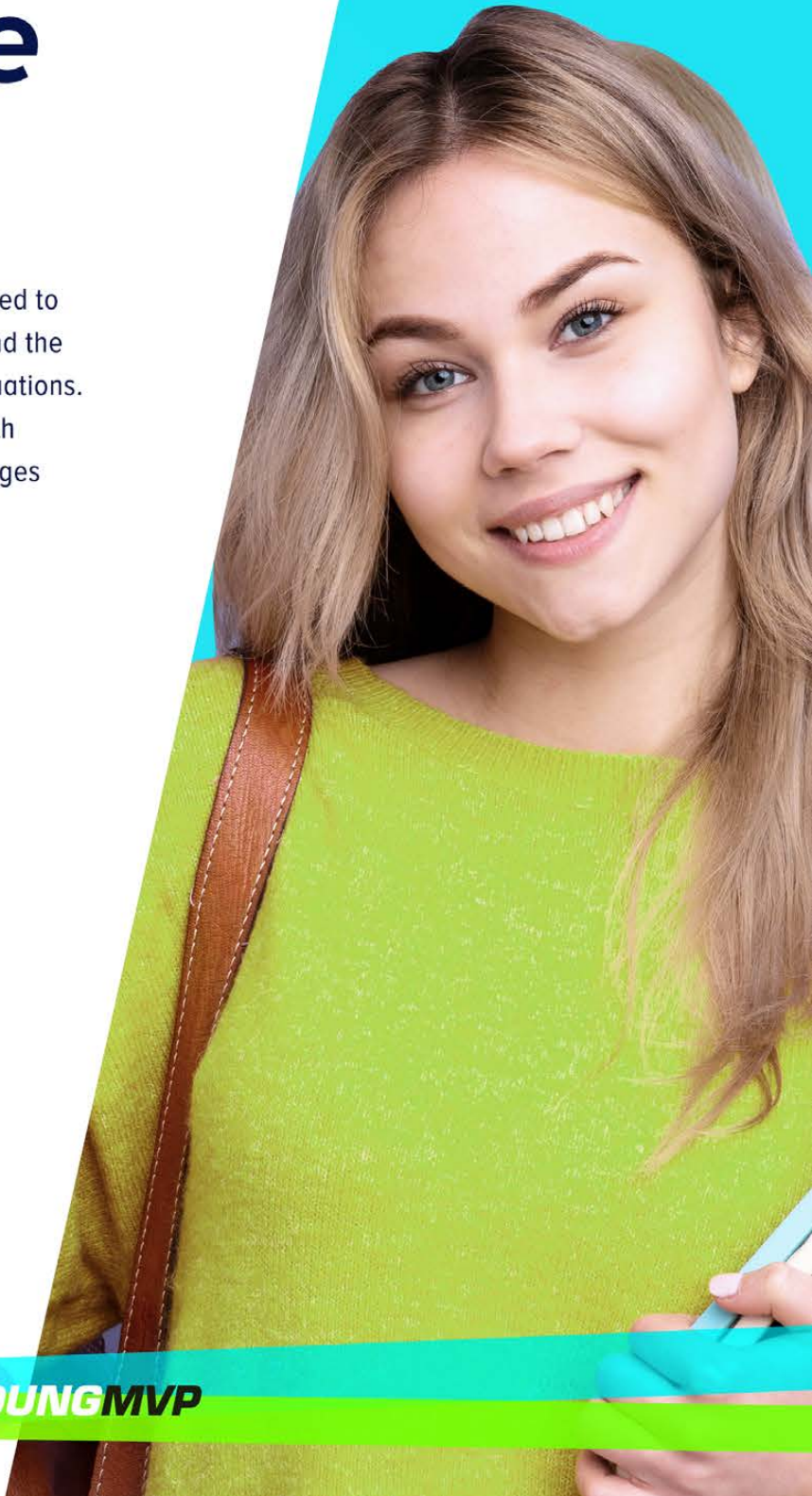
## **Influence by inspiration**

Emotional intelligence is now the popular phrase used to describe the art of managing your own emotions, and the emotions of others, especially in highly charged situations. Your ability to stay focused under pressure, deal with conflict, handle criticism, and manage other challenges can make or break you in life.

Integral to the Y-MVP Leadership program are a number of practical models and techniques that will help our students learn how to:

Y-MVP's - **Emotional Intelligence** module helps students to:

- Create and manage their own emotions
- Interpret events in ways that best empowers them.





# Maximising Your Time

## Getting the best out of time

Many people think that time management is only a business tool, like a calculator or cell phone. The truth is, time is your most precious resource. Your time is your life! Anything you do with time you do with your life. You are never wasting time, only your life. Where unproductive people *spend* time, productive people *invest* their time wisely for maximum returns.

Studies have shown that your personal time perspective is the greatest single factor determining the direction one's own social mobility. This means looking at the big picture and thinking in terms of the rest of your life.

Y-MVP's - **Maximising Your Time** module provides time management perspectives that will help students become the most productive person they know.



# How to Become Inspirational

## Influence by inspiration

In its purest sense, Leadership is Influence by Inspiration. It is influencing people to follow you, not by fear or intimidation, but by inspiration. The effectiveness of your work will never rise above your ability to inspire and influence others.

To inspire others, you yourself must first be inspired and then become inspirational. Many of us are inspired in the same way when we see our 'heroes' in action. No matter how incredible the person is, we are inspired when we are **motivated** to do exactly what we see our heroes and mentors do.

Y-MVP's - **How To Become Inspirational** module reveals practical examples and techniques that show students how to become a success and an inspiration in their field of choice.







## Y-MVP **IMPACT** LEADERSHIP PROGRAM

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**£850** Delivered one day

### DELIVERY

- Repeat delivery of one module in sessions determined by the school
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Above prices inclusive of one assembly speech.

**REQUIRED RESOURCES:** Y-MVP Workbooks (at extra cost)

**PAYMENT TERMS:** Full payment upon order

## Y-MVP **PEAK** LEADERSHIP PROGRAM

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**£2250** All modules split over 3 days or 3 weekly sessions

### MODULES

- How To Become Inspirational
  - Vision 101
  - Assertiveness
  - Maximising Your Time
  - Emotional Intelligence
  - Self-Awareness
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Above prices inclusive of one assembly speech.

**REQUIRED RESOURCES:** Y-MVP Workbooks (at extra cost)

**PAYMENT TERMS:** Full payment upon order

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**LIFE & SUCCESS MEDIA**  
71-75 SHELTON STREET  
LONDON, WC2H 9JQ

TEL: 0207 183 0175  
EMAIL: [info@lifeandsuccessmedia.com](mailto:info@lifeandsuccessmedia.com)