



Leadership Workshops

Discover the Leader Within

Igniting a positive sense of agency in young people is more important than ever. Captains & Poets leadership programming elevates self-awareness and students' self-perception as leaders while deepening connection to themselves, others, and the world around them.

Whether you are focused on creating a more positive school culture or heightening leadership impact in seasoned leaders, our workshops are designed to meet students where they are at and to ignite positive transformation from students themselves!

"Captains & Poets has helped me see my potential as a leader." 13-Year Old

We believe that everyone is a leader and explore the multi-faceted nature of leadership to empower students to tap into their innate leadership compass so that they may live and lead in more authentic and powerful ways. Join us to discover the leader within!

Mentorship Programs

When students engage in our leadership programming they are inspired to ignite change in their schools. Mentorship programs are a great way to maximize ROI on workshops and to engage students in co-designing a program they can deliver to younger students that is aligned to school needs and priorities.

Key Concepts

- Identifying the leader within
- Deconstructing leadership
- Unpacking our innate resistance to leadership
- Self-leadership
- Leadership in the day-to-day
- Authentic leadership
- Contextual Leadership
- Stretching your leadership repertoire
- The role of vision and values
- Change management
- Emerging leadership models
- Finding your True North
- Identity, Lived Experience, and leadership
- Tuning into your Unique Abilities

*"This program has been the most comprehensive and empowering thing I have done to improve my leadership."
16-Year-Old*

Four of our most popular workshops are outlined on the following page. Custom workshops are also available.

Self-Awareness



Self-Leadership



Leadership



Discovering the Leader Within

Leadership potential exists within us all and is often an untapped resource in the world today. What would the world be like if each of us was free to define our own unique expression of leadership? Join us to explore your inner Captain and Poet and how their partnership has the potential to help you be the best leader you can be. Figure out your authentic leadership identity and see that the secret to being the best leader you can be is by being your best self!



Leadership For Life

By elevating our sense of leadership in all aspects of our life we help contribute to a better world. Captain and Poet leaders operate from a place of emotional courage and inspired action. They learn best how to work alongside others by knowing themselves deeply and learning how to work with the Captains and Poets in others. Join us to learn about your inner Captain and Poet, deconstruct what true leadership is, tap into the leader within, and refine your own leadership identity – whether it’s on the world stage or in everyday life!



“Every session is engaging, meaningful, reflective.” 15 Year-Old

The Captain and Poet In Sports

Many of us participate in sports, either for fun or as a place to develop ourselves and our abilities. But sports don’t always feel like a safe space for everyone to be their authentic selves. Join us to explore how to bring your full self to sports and to help create a more positive culture that enables everyone to thrive. Explore the ways you are holding yourself back and how it is impacting your performance and experience. Learn how to be a better teammate and leader on the field and in the locker room, no matter what your position – and take yourself and your team to the next level!



School Captains

The role of a School Captain is an important part of the fabric of your school culture. Being a School Captain demands bringing your best leadership skills to rise to the challenges, speak up for others, set an example, solve problems, collaborate with other leaders, and help create a positive experience for everyone. Join us to explore your inner Captain and Poet and how their partnership has the potential to help you be the best leader you can be. Expand your leadership skills to inspire others and have a greater impact and positive influence on your school and community!



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Watch our videos to learn more!

