



## Captains & Poets

Captains & Poets is transformational Social Emotional Leadership programming at the intersection of Well-Being and Inclusion & Belonging. We help create positive, engaging and connected environments by igniting self-awareness and self-leadership using a simple language that everyone can relate to and that people of all ages will carry with them their entire lives.

### How Does it Work?

The basic premise of the program is that there is a unique Captain and Poet in each of us that, in partnership, enable us to be our best selves. By deepening connection to self and others, we encourage a healthier sense of well-being and identity, more positive relationships, a growth mindset, and a greater sense of agency and purpose in the world. We work with schools and organizations across the globe to create positive cultures from people themselves!

#### Schools

Aligns to School Priorities and Parent Engagement

#### Youth Organizations

Augments Existing Programming

#### Sports (Champions!)

Programming for athletic associations and teams.

### Key Benefits

- Easy to implement
- Establishes a common “coaching language” between school and home environments
- Customized to your priorities and needs

### Workshops

Our engaging workshops and assemblies empower participants to be authentic, compassionate with themselves and others, resilient in navigating challenges – and more! But most of all, we believe that everyone is a leader and that being the best leader you can be starts with self-leadership.

Self-Leadership

Leadership

Professional Development

### Curriculum

We offer a comprehensive library of 50 hours of activities aligned to the curriculum to choose from making it easy to adapt and implement in advisory, classrooms, extra-curricular, camps, or youth programs.





# Empowering People To Be Their Best Selves

## Impact on Students

Fostering a sense of connection and belonging is a key ingredient in learning environments. Teachers need simple tools and strategies that align to daily classroom routines and are relevant and meaningful to the student experience. Our programming is designed to ignite transformation from students themselves by empowering them with:

The ability to understand and tap into their unique strengths and abilities	Higher competency around identifying, expressing and regulating emotions
Enhanced teamwork skills, appreciation of differences and an inclusion mindset	The ability to reflect on how they are “showing up” for themselves and others
Greater capacity for empathy, compassion, resilience and courage	A positive sense of agency in contributing to the world around them

## Impact on Educators

Captains & Poets empowers educators to identify their unique gifts and strengths, reignite a sense of purpose, and bring their best selves to the school community. Implement a standalone P.D. workshop to energize educators, optimize teams and leadership contribution – or take a whole-school approach! Join our mission to inspire “bright light” educators everywhere.

## Research-Based Programming

Our research-based program has been built by a passionate team of educators, parents, and equity consultants to help young people reach their full potential. We draw on multi-disciplinary research to harness the intersection of well-being and identity to bring Social Emotional Leadership to life in innovative and powerful ways.



Neuroscience



Positive Psychology



Mindfulness

## Activity Books

Our books are a fun and engaging way to keep self-discovery alive and to bridge important conversations with the home environment so that we can all coach students to be their best selves!



## Contact Us

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