BEFUNDAMENTAL™

LEADERSHIP ACADEMY

PROGRAM OVERVIEW

An 8-week leadership and personal development program designed for elementary, middle school, high school, and college-age students. Rooted in BeFundamental's mission to develop confident, disciplined, motivated, and resilient individuals, this program uses basketball, fitness, SEL, community, and real-life application to help young people grow into fundamentally sound leaders. BeFundamental Leadership Academy focuses on measurable growth through progress tracking and accountability. Student development is assessed throughout the program, moving from self-awareness to self-management, from individual growth to leadership, and from goals to action.

8-WEEK PROGRAM DESIGNED FOR THE YOUTH & YOUNG ADULTS TO DEVELOP THEIR ABILITY TO:

- **Recognize** but **not be defined** by their current life circumstances.
- Set **ambitious** and **attainable goals.**
- **Regulate emotions** and learn how to **respond to adversity.**
- Develop **discipline** and **accountability.**
- **Build positive relationships** with adults and peers.
- **Make better decisions** under pressure.
- **Lead** and **communicate** effectively.
- **Transfer newly acquired habits** into *school, work, family, and life.*

FOR MORE INFORMATION:

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BEFUNDAMENTAL

TRAIN THE PLAYER. DEVELOP THE PERSON.

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AUDACIOUS RESOLVE

PROGRAM STRUCTURE

8 WEEKS
FITNESS, LEADERSHIP & SEL DEVELOPMENT

2 SESSIONS / WEEK
90 MINUTES PER SESSION

16 CORE SESSIONS
PROGRESSIVE & MEASURABLE DEVELOPMENT FROM SELF-AWARENESS TO GOAL ACHIEVEMENT

HOW IT WORKS

20 MIN
LEARN
SEL LESSON

→

40 - 45 MIN
APPLY
ON-COURT ACTIVITIES

→

25-30 MIN
REFLECT
LIFE APPLICATION

8-WEEK JOURNEY

1. **KNOW YOURSELF**
S.W.A.T
(Self-Awareness)

2. **SHIFTING MINDSETS**
Next Play
(Growth Mindset)

3. **DISCIPLINE > MOOD**
Keep Your Pivot
(Self-Management)

4. **PRESSURE MAKES YOU**
Clutch Gene
(Resilience)

My Future
↑
My Leadership
↑
My Emotions
↑
My People
↑
My Response to Pressure
↑
My Discipline
↑
My Mind
↑
Me



5. **CHOOSE YOUR CIRCLE**
Who Got Next?/The Power Of Screens
(Relationship Building)

6. **THINKING BEFORE REACTING**
Check Up
(Emotional Regulation)

7. **BECOME THE EXAMPLE**
Coachability & Body Language
(Leadership & Communication)

8. **AUDACIOUS RESOLVE**
Unlikely ≠ Impossible
(Vision & Goal Setting)

WHAT STUDENTS WALK AWAY WITH

✓ A better understanding of who they are
✓ Strategies for managing emotions and adversity
✓ A stronger understanding of discipline and accountability
✓ Practical tools for making decisions under pressure
✓ A better understanding of relationships, influence, and leadership
✓ A personal goal and strategic action plan

MORE THAN BASKETBALL

SEL | ***Students learn practical skills for managing emotions, responding to adversity, communicating, building relationships and making decisions.***

BASKETBALL | ***Competitive drills, game situations, challenges, and activities that reinforce social and emotional learning principles.***

REFLECTION | ***Students discuss what happened on the court and identify how it applies to their lives.***

Life Application | ***Students transfer those skills into school, work, relationships, family, and future goals.***

LET'S BUILD PURPOSE-DRIVEN LEADERS TOGETHER! NOW ACCEPTING PARTNERSHIPS WITH:

K-12 Schools (public, private, & faith-based) | Churches & Faith-based Organizations | Youth Sports Programs & Organizations | Boys & Girls Clubs | Community and Recreation Centers | Youth Development Centers | Camps & After-School Programs | Nonprofits | Colleges & Universities