

# Leadership that starts from within.

*A multi-day immersive experience for rising 7th and 8th graders. Building the self-awareness, courage, and leadership skills that help you become “brave enough to be human.”*



## THE PROGRAM

### What is BraveMinds?

BraveMinds is a leadership development experience for rising 7th and 8th graders. We teach the same human-centered leadership research and frameworks idealis. uses with senior executives, made age-appropriate and hands-on for middle schoolers.

We meet students at an inflection point. Identity, peer dynamics, and self-perception are still being formed. We give them the language, tools, and practice that courageous leaders rely on for the rest of their lives.

4

Immersive components

3

Core frameworks

20+

Strong bonds

## THE EXPERIENCE

- |           |                               |   |
|-----------|-------------------------------|---|
| <b>01</b> | <b>Knowing Yourself</b>       | Building self-awareness and trust. Exploring the Human Core: the values, instincts, and identity that shape how we show up in the world.                                |
| <b>02</b> | <b>Connecting with Others</b> | Empathy, communication, healthy conflict, and collaboration. The skills most people never get taught, and the ones every great leader relies on.                        |
| <b>03</b> | <b>The Courage Lab</b>        | Learning what it takes to be just brave enough by showing up, standing up, and/or taking the next bold step. Then practicing that until the uncomfortable feels doable. |
| <b>04</b> | <b>BraveMinds in Action</b>   | Leading from our core, with others, in the world. Starting now. Students leave with the language, tools, and clarity to keep going.                                     |

*“Leadership and bravery are grown from within — long before they are fully named or formed.”*

## THE FOUNDATION

### Built on decades of research.

Every part of BraveMinds is grounded in developmental psychology, student development theory, and leadership science. Sanford. Schlossberg. Kolb. Baxter Magolda. Chickering. HERI. And the contemporary work of Haidt, Brown, Dweck, Duckworth, Grant, Damour, and Goleman.

#### WHY MIDDLE SCHOOL

We are educators, psychologists, and scientists. We are moms with eight kids between us. We are executives who work with leaders every day, the best of them and the worst of them.

**We know what we see:** the heart, the mind, the values all start to shape more deeply at this age, when kids think about themselves in relation to others for the first time. And the world is shaping them every minute. Social media. AI. Peer pressure. Pop culture.

Before that hardens, there is a window. A chance to fill them from the inside with a deeper knowledge of who they are, what matters to them, what they have to offer the world, and why it matters to lead others. To be just brave enough to make their communities a better place.

When we work with adult leaders, we can always trace it back. What happens in 7th and 8th grade matters a lot. That is why we meet kids right here, at exactly this age.

#### HOW WE PARTNER WITH SCHOOLS

### Three ways to bring BraveMinds to your community.

#### MODEL 01 · MOST POPULAR

##### Full Delivery

Your school provides the venue and a program champion. We handle everything else: curriculum, materials, logistics, and expert facilitation.

#### MODEL 02

##### Co-Designed

We design alongside your faculty, staff, and students to understand your most critical needs. We build a bespoke curriculum together, anchored by BraveMinds' core components.

#### MODEL 03

##### Guided Design

We interview key stakeholders to understand your community. Our team builds a tailored program informed by your voice, refined with your final review.

### Ready to start the conversation?

*Tell us about your school, your students, and what you're hoping to build. We'll partner with you from there.*

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braveminds · by idealis. · Human First. Lead From Within.