

BraveMinds

A Transformative Leadership Experience

BraveMinds is a five-day, immersive leadership experience for rising 7th and 8th graders, grounded in idealis' Human-Centered Leadership philosophy. The program helps students navigate the growth and uncertainty of middle school by developing confidence, self-awareness, empathy, and courage. Leadership is taught as an inside-out practice—human first, lead from within.

1 You at the Center

Your Human Core

Building self-awareness across six dimensions: emotional, social, mental, physical, moral, and purpose. Students complete the idealis. Human Core Assessment to understand what energizes them and how to make confident choices.

2 Leading with Others

Human-Centered Leadership

Practicing curiosity, empathy, agility, and courage through collaborative challenges. Students learn healthy conflict resolution, deep listening, and mutual support—skills that transfer directly to school and life.

3 Impact Beyond Yourself

Community & Shared Humanity

Applying leadership to a real-world community challenge in The Courage Lab. Students articulate how their voice and actions create positive change and learn to Find Your Brave.

The 5-Day Experience

DAY	FOCUS	LEARNING OUTCOMES
Day 1	Knowing Yourself	Building self-awareness and trust; exploring the Human Core.
Day 2	Connecting with Others	Practicing empathy, communication, and collaboration.
Day 3	Courage & Agility	Building confidence and resilience through healthy risk-taking.
Day 4	The Courage Lab	Immersive problem-solving experience focused on community impact.
Day 5	Voice & Integration	Articulating personal growth and defining how to lead forward.

What Students Gain

- Greater confidence and self-understanding
- Practical tools for managing emotions and relationships
- Experience in collaborative teamwork
- A clearer sense of values, strengths, and voice
- Language and practices for school, home, and peers

Program Details

Audience	Rising 7th–8th Graders
Format	Five-day experiential, lecture-free
Locations	Amsterdam & Lehigh Valley
Entry	Application-based (no experience req.)
Cost	Little or no cost to families

“Building brave minds requires all of us to be brave enough to try.”

Partnering with Your School

Three ways to bring BraveMinds to your community

Every school is different. We've designed three partnership models so that BraveMinds can meet your community where it is — whether you need a turnkey program or a deeply collaborative design process.

1 Full Delivery

Your space and champion • Our curriculum, logistics, and facilitation

Your school provides the venue and a program champion who connects BraveMinds to students and families. idealis. handles everything else — from curriculum and materials to logistics, setup, and expert facilitation. A turnkey experience, minimal lift from your team.

Ideal for: Schools seeking a proven, ready-to-launch leadership program

2 Co-Designed Partnership

Deep collaboration • Bespoke curriculum anchored by BraveMinds

We begin with design sessions alongside your stakeholders — faculty, staff, and students — to understand the most critical needs in your context right now. Together, we build a bespoke curriculum around BraveMinds' core components. A true partnership between your school and idealis.

Ideal for: Schools wanting a program shaped around their unique culture and needs

3 Guided Design

Stakeholder insight • Expert-built, school-reviewed

We interview key stakeholders to understand your school's perspectives, strengths, and challenges. Then our team builds a tailored program — informed by your community's voice, refined with your final input and review. Customized without the heavy lift.

Ideal for: Schools wanting customization with a lighter collaborative footprint

Parent & Family Workshops

Also available

Every partnership can include a BraveMinds-sponsored parent and family workshop for participants' families — or a broader parent education series for your whole school community.

The Benefit to Your School

BraveMinds doesn't just impact the students in the room — it shapes the culture they return to. Graduates become student leaders with shared language, tools, and the confidence to drive change.

- Stronger peer-to-peer relationships and trust
- A common leadership language across campus
- Students who model empathy and healthy conflict
- Greater student agency and voice in school life
- Reduced behavioral friction, increased belonging
- A ripple effect that extends to classrooms and homes

“We don't just bring a program. We help build a culture.”