

## LA PALOMA CURRICULUM

La Paloma Curriculum is a 4-session group curriculum for teens that we created at a supporting agency. We realized that by developing and engaging teens in a group that contained elements of coaching, that youth would be better prepared for the process of individualized coaching. In hindsight, we would begin with the group coaching curriculum, move to the “Coaching Office” and then to 1:1 coaching with teens. This short coaching group would allow teens to participate with less intensive commitment and greater flexibility. The format of the sessions was comprised around four elements of learning with plenty of experiential exercises and associated worksheets, opportunities for discovery and discussion, and homework in between sessions. At the end of this four-session program, teens increased their engagement in the process and with each other, and expressed on their post-assessment interviews higher levels of clarity and self-empowerment.

Leading up to the sessions, questions were posed such as:

1. How can what I believe in guide and empower me?
2. What are my special gifts and talents?
3. How do I create MY plan for MY success?
4. How do I build a network of people who will be there for ME?

Below is a summary of our 4-session group coaching curriculum:

<b>*LA PALOMA CURRICULUM:</b>	
Purpose:	<p>La Paloma Curriculum is a 4-session complete curriculum guide for facilitators. The program is for teens to explore, have fun and make new friends while uncovering their unique self and plot a course into their future.</p> <p><b>Proposed Outcomes</b> to this curriculum are that through this group coaching experience participants will:</p> <ul style="list-style-type: none"> <li>• Increase their self-awareness of foundational issues that will help guide them through adolescence, into careers and into adulthood</li> <li>• Understand and learn to develop a network of support</li> <li>• Learn self-advocacy skills</li> <li>• Learn and experience basic life coaching techniques (to apply to self and to support others).</li> <li>• Learn relaxation and reflective processes to help them stay on track</li> </ul>
Process:	<p>There are 4 sessions:</p> <ul style="list-style-type: none"> <li>• each session lasts 2 hours</li> <li>• group size target is between 8-12 teens</li> <li>• A light meal or snack is served.</li> <li>• Each session has a detailed facilitator guide with copies of worksheets to use. The facilitator’s guide includes materials needed for each session.</li> </ul>

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Session 1:	<p><b>Title: <i>STEPPING INTO... Who I Am, Who I Can Be, Who I Can Become</i></b>  Documents include: Facilitator’s Guide to Session 1; pre-assessment; rules and expectations; Worksheet A on introductions; Worksheet B: Who am I?; Worksheet C: How I think others see me; and Worksheet D: Interview Sheet</p>
Session 2:	<p><b>Title: <i>STEPPING INTO... Who I Am, Who I Am With Others</i></b>  Documents include: Enneagram Test; Worksheet E: Review of Workshop #1; Worksheet F: The Enneagram: 9 Different Paths to Self-Knowledge and Success; Worksheet G: My Truths</p>
Session 3:	<p><b>Title: <i>STEPPING INTO...Who I Am: What Are My Next Steps and Support Network</i></b>  Documents include: Worksheet H: Dream Sheet: Quadrants of My Life; Worksheet J: Declaration of Commitment; Worksheet K: Next Steps &amp; Support Network; Worksheet L: Network of Support: Who Are the People in Your Life?</p>
Session 4:	<p><b>Title: <i>STEPPING INTO...Putting Concepts Into Action</i></b>  Documents include: Worksheet M: Asking for Support; Worksheet N: Listening and Responding to Requests; Worksheet O: Taming Your Gremlin; La Paloma Post Assessment; and TPC Assessment</p>