



#YALILEARNS



**YALILearns Session
Facilitation Guide**

**STRATEGIES FOR PERSONAL
GROWTH AND DEVELOPMENT**

Your Guide to Facilitating Strategies for Personal Growth and Development

You can lead a community dialogue about developing your business, organization and personal skills using the YALI Network Online Course, "[Strategies for Personal Growth and Development](#)." This guide is designed to help your audience learn about the importance of identifying and practicing good leadership skills. Accountable leaders are successful and have the ability to inspire others.

Total Time: 60 Minutes

Introduce Yourself (3 Minutes)

- Thank your participants for joining and introduce yourself. Be sure to mention that you are an interested YALI Network member who wants to start an important conversation about public health and communications in your community.
- Briefly share why you are interested in this subject and chose to organize a community dialogue on public health. **Remember to keep it short!**

Ice Breaker (5 minutes)

- Ask participants to form groups of three to five people. Have the participants identify two things that all their group members have in common (i.e., hobbies, hometowns, family sizes, etc.)
- Have each sub-group choose a spokesperson to present their similarities to the larger group.

Before You Watch (1 minute)

Ask participants to consider the following questions as they watch each lesson:

- What is ethical management and leadership?
- Why is ethical leadership important in a community?

Additional Resources

Want more insights from experienced YALILearns facilitators? Check out the YALI Network Blog for stories and tips from YALI Network members who have organized successful sessions.

Visit yali.state.gov/learns/#blog for the latest stories.



Watch Lesson 1: “Developing a Personal Code of Ethics” (5 minutes)

Group Discussion (15 Minutes)

After watching Lesson One, invite participants to discuss the following:

- How has dishonest leadership negatively impacted your community?
- Whom do you consider an ethical community leader? What are some of their attributes?
- Identify some of your values. How can these values contribute to your own code of ethics?
- How can ethical leadership positively engage your community?

Watch Lesson 2: “Networking to Get Ahead” (5 minutes)

Group Discussion (15 minutes)

After watching Lesson Two, lead the group in a discussion using the questions below:

- What are ways you can use the YALI Network to establish wider networks?
- Why are culturally relevant questions important for networking?
- How can you serve as a resource for others? Why is it important to help others network?

Watch Lesson 3: “The Art of Public Speaking” (5 minutes)

Group Discussion (15 minutes)

After watching Lesson Three, invite participants to discuss the following:

- Think of a speech that stood out to you. What aspects of the message resonated most with you and why?
- Identify a potential target audience. How can tailoring language and knowledge help to deliver an effective message to your community?
- What are the characteristics of successful presentation delivery?
- What are some ways you can overcome your fears of public speaking? Which methods work best for you?

Wrap-Up (5 minutes)

- Reemphasize for participants that public speaking is a skill, not a talent. A thoughtful code of personal ethics, a strong network and public speaking skills all contribute to your development as a leader.
- Encourage attendees to visit yali.state.gov/professionals for more information.