



DESCRIPTION OF PROGRAM

Audience

Student Leaders

Program Title

HERO ON DUTY – Student Leadership Training

Program Description

A **HERO** is someone who **takes action** to make a difference. In today's world, we need leaders who embody **Honesty, Empathy, Responsibility, and Optimism**—students who step up, connect with others, and create positive change in their schools and communities.

The HERO Leadership Formula:

HONESTY – Lead with integrity. Speak the truth, stand up for what's right, and set a positive example.

EMPATHY – Build trust, embrace differences, and foster a culture of kindness.

RESPONSIBILITY – Make strong choices, resist peer pressure, and respond thoughtfully to challenges.

OPTIMISM – Dream big, take action, and develop the mindset of successful leaders.

What Students Will Gain:

Through **high-energy, interactive experiences**, students will strengthen leadership skills, build confidence, and develop a **personal HERO Action Plan** to drive real change in their lives and schools. This training integrates the **40 Developmental Assets**, proven principles that cultivate success, resilience, and leadership, including **integrity, positive relationships, conflict resolution, and goal-setting**.

Program Includes:

- Engaging leadership & team-building activities
- A **HERO ON DUTY** goal-setting worksheet
- A **HERO Wallet Card** as a daily leadership reminder

Who It's For:

- Student Leadership Conferences & Training Events
- Student Councils, Clubs, & Organizations
- Middle & High School Students (Grades 6-12)

When HEROES unite, change happens—FAST.

Are your students ready to step up and be HEROES ON DUTY?

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