

# THE QUARTERLY IMPACT

Welcome to the first quarter issue of *The Quarterly Impact*, where we spotlight the work of the i-IMPACT | i-LEAD Foundation and celebrate the growth of the young leaders we serve. This issue focuses on our flagship youth development program, Impactful Conversations, which empowers young adults to build personal and social competencies through the power of engaging, reflective, and real-world learning experiences.

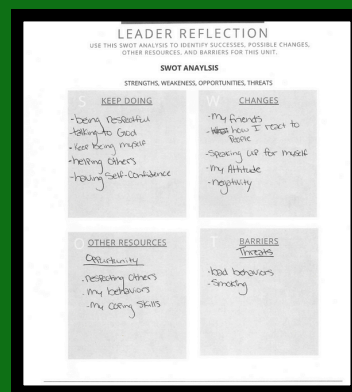


## 1st Quarter Meeting Dates and Activities

- Feb 5 | Relationship Agreement (OJJ): Participants created personal relationship agreements, defined values, set boundaries, and expectations for healthy interactions.
- Feb 10 | Self-Concept (ULL): Participants explored self-awareness concepts, personal identity, and the impact of external influences on self-perception.
- Feb 19 | Getting to Know Myself (OJJ): Participants explored personality traits and examined how these traits influence their decision-making and everyday interactions.
- Mar 5 & 9 | Emotional Intelligence (OJJ & ULL): Participants engaged in activities to practice emotional regulation, empathy, and effective communication.
- Mar 18 | Personal Affirmations (OJJ): Participants explored the impact of positive self-talk and affirmations on confidence, resilience, and overall self-perception.
- Apr 1 | Awareness SWOT Analysis (OJJ): Participants conducted a SWOT analysis to identify strengths, weaknesses, and growth opportunities for personal development.

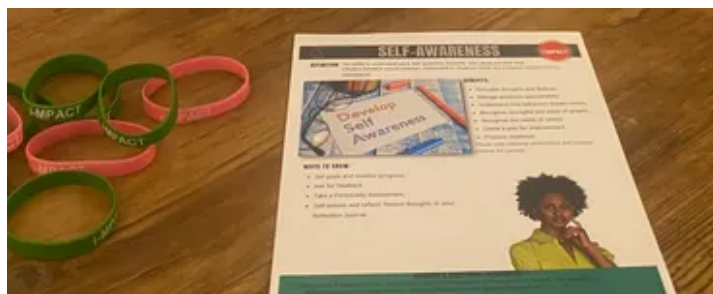
## Samples of SWOT Analysis Activity

Students completed a Self-Awareness SWOT Analysis—a reflective exercise designed to deepen their understanding of self-awareness, which is the ability to recognize and understand one's own emotions, thoughts, and behaviors. Using the SWOT framework—Strengths, Weaknesses, Opportunities, and Threats—students explored their personal traits, internal challenges, external possibilities, and potential obstacles. This activity helped them develop greater self-insight and begin setting intentional goals for growth in both their academic and personal lives.



## Culminating Activity Artifacts Personal Journals and Affirmation Bags

Participants created personal affirmation bags, filled with positive words and encouraging notes to remind them of their strengths and potential. In addition, students received personal journals to continue their journey of self-awareness, goal setting, and emotional growth beyond the program.



## Sample Self-Awareness Reflection Questions

- What are my greatest strengths, and how do they help me succeed?
- What distractions or obstacles could keep me from reaching my goals?
- How do my emotions influence the way I respond to situations or people?