

# Young Professionals Leadership Camp: August 6-8, 2025

## Wednesday, August 6

3:00-4:00: Arrive and move into cabins

**4:00-6:00: Team Building Activity**

6:00-7:00: Supper

**7:00-8:30: Opening Assembly**

8:30-10:30: Social Time

10:30: Cabin Time

11:30: Lights Out

## Thursday, August 7

Today's workshops will be led by D4LC: Disciples for Leadership in Communities:

<https://www.d4lc.com/>

8:30-9:10: Breakfast

**9:10-9:30: Wake Up! Team Scavenger Hunt**

*Work with a team to be the first to complete a team scavenger hunt while taking silly pictures, creating lifelong memories, and getting ready for a full day of facilitated fun.*

9:30-9:45: Transition

**9:45-11:00: Workshop: Build Better Relationships**

*Learn how your brain chemicals play a role in your ability to build (or rebuild) trust with peers, parents, and students and the three pillars of trust backed by years of trust science.*

11:00-11:15: Break/Transition

**11:15-12:30: Workshop: Better Conversations, Better Relationships**

*Put the 3 Trust Pillars into action through conversations that promote connection by understanding the nervous system, motivation states of the brain and leaning on the BRAVE framework, used by NFL teams and Fortune 500 companies, to build relationships.*

12:30-1:30: Lunch/Break

### **1:30-2:30: Team Challenge: All In: Sink or Swim?**

*In this hands-on team challenge, teams will design and build cardboard boats using limited supplies. Then, they will test their creations by racing across the "moat" (the indoor pool). Success requires creativity, strategic thinking, and full commitment from every team member. Just like in leadership, you can't hesitate when the pressure is on—you have to go all in. Will your team sink or swim?*

2:30-4:30: Pool/Activity Time

### **4:30-5:45: Workshop: Setting Priorities and Standards**

*In this interactive workshop, participants will use the game of "limbo" to explore the importance of setting and maintaining personal and team standards. Just like in limbo, the bar represents your standards—are you setting it too low or too high? High school students, as role models, have a responsibility to define their values and hold themselves accountable. Through group discussions and reflection, participants will identify where they're falling short and learn how to establish clear, meaningful standards to guide their actions and avoid future conflict.*

5:45-7:00: Supper/Break

### **7:00-8:30: Communicating your Value**

*Through a hands-on building challenge that mirrors the real-world pressure of an interview. Teams will construct a structure using limited supplies, highlighting the importance of working with what you have and communicating your value under pressure. Afterward, participants will learn how to identify and articulate their unique strengths, craft impactful answers, and confidently showcase their value in interviews. Just like building the structure, success comes from strategy, teamwork, and knowing how to stand out.*

8:30-10:30: Social Time

10:30: Cabin Time

11:30: Lights Out

## **Friday, August 8**

9:00-9:30: Breakfast

9:30-9:45: Transition

### **9:45-11:00: Break Outs**

11:00-11:15: Break/Transition

**11:15-12:30: Break Outs**

12:30-1:30: Lunch/Break

**1:30-3:00: Closing Session**

3:00: Load Cars and Head Home!