

Lemosk Youth Academy



An academy participant screams "YES I CAN"

Arising out of a need for innovative solutions to South Africa's ever present education crisis, **Lemosk Youth Leadership Academy (LYLA)** has formulated a 5 day experiential academy that focuses on understanding our inner value system and how it impacts on the way we interact with the outside world.

Designed around the premise 'it's easy to forget what we learn and it is difficult to forget what we experience', the program aims to positively affect both the teachers and the students who attend the academy through a series of fun based experiential activities, discussions and reflections.

Carefully formulated out of the (internationally recognised) Consciousness Coaching® methods (www.consciousnesscoaching.com) and with over 10 years of experience in life coaching, founder Gugu Mhlongo has developed a program that is not only relevant in a South African context but one that has a proven record of success.

Drawing on the principles of experiential learning (i.e. experiencing, reflecting, feeling, thinking, and acting) participants learn to filter the clutter of words and definitions so prevalent in our world and start to see things differently, this creates a sense of trust and enthusiasm towards seeking and accepting an alternative to their inner state of being. More importantly the academy provides individuals with the courage to question the status quo which in turn leads to a more conscious way of living.

LYLA has been involved in a series of "nurturing" interventions with The Saville Foundation at schools such as the Kingdom Christian College, Zakhe Agricultural College and Seotlong Agricultural and Hotel school.

Not only does the academy positively and directly affect the participants (10 learners and 2 teachers) but the knock on affect is felt throughout the school and at home as they begin to 'be the change they want to see in the world'.

On their return participants are tasked with initiating a project of their 'collective' choice that contributes towards the betterment of their school, this is facilitated by LYLA and monitored in follow up sessions throughout the year.