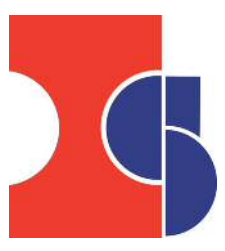


The World's #1 Youth Training Programme



Dates: October 18-20 Fees: \$2500 per student

Overview/Description

The apX experiential training program is designed for students ages 13-18 who want to upgrade their leadership, learning, and life skills. The program is fast-paced, challenging, and incredibly fun.

We use experiential methods and accelerated learning strategies to create powerful learning opportunities for students that often result in increased effectiveness in family, social, and school settings. Learning is fun, retention is increased, and students acquire tangible skills demanded by the world's top universities and employers.

Outcomes for students

- Develop leadership skills that set you apart from the crowd
- Learn empowering public speaking, presentation, and communication skills
- Discover how to maximize learning from mistakes
- Set a course for your success by creating a step-by-step Goal and Action Plan
- Find the keys to maintaining motivation and energy

Statistics

- 74% improve school related performance
- 71% of students report increased motivation
- 81% develop more confidence
- 98% continue to apply the skills learned during training
- 100% of Island School students enjoyed the preview session last winter
- 98% of Island School students feel the lessons are applicable to their school work

Successful in the US, Canada, Singapore, HK, and Denmark

Do you want to:

- Be a better student?**
- Communicate more effectively?**
- Be a more confident public speaker?**
- Become a role model in your community or school?**
- Set and keep goals?**
- Maintain your motivation and energy?**
- Become a more attractive university applicant or job candidate?**

"I wish school was like this. I learned so much...so fast... and had a good time doing it."
Alex, student, age 16

"This helped me to approach new things in different ways, and to be more confident."
Jamie, student, age 15

Space is limited - please sign up before October 10th!



For more information about the apX program contact us: info@theedge.com.hk



apX Camp Day One

apX = Academic and Personal Excellence

The **apX** program is the world's top rated training program for teens. It focuses on the development of learning to learn skills, life skills and leadership skills. The following pages detail the key learning themes throughout the five day course.

FIMAGE

The primary factor that stops learning is fear. Every teen and adult has a fear of what other people think about them. We call this Fear of Image, or FIMAGE. This module is aimed at reducing this fear by creating a safe, participatory context for this training. Mistakes will be part of the learning process this week and everyone will be out of their comfort zone together.

Breaking Paradigms

Learning becomes stagnant because we fall into routines. We do the same things, with the same people, in the same places every day. This causes the brain to go on autopilot and things begin to be boring. This game-based module will challenge students to re-awaken their brain and to challenge their paradigms. They will break through the boredom of their autopilot by beginning to challenge what they think they know.



Team Development

Much of this program is designed to take full advantage of team dynamics. School tends to isolate teens, having them work mostly on their own. This program will develop positive social interaction skills by utilizing team dynamics each and every day. This module will begin the process of building multiple teams in the training room. These teams will work, play and support each other throughout the week.

Leadership Styles

We will explore the question, "What is a leader?"

We will identify a simple definition that enables everyone to see their potential as a leader. We will use this as a foundation, attaching skills and mindsets as the week progresses.

Integrity

The very core of leadership is integrity. We define integrity as the ability to match your values and your behaviors. This module allows individual students to take a good, deep look at themselves to see what their values are, how they show them and where they need to have greater integrity.



apX Camp Day Two

Brain 101

One of the biggest mistakes that has been made in education systems around the world is that we never teach kids how to learn. We never show them how to use their brain. The result is that many kids struggle to learn and their confidence suffers. Brain 101 is a fast-paced, interactive module that makes understanding the brain easy. Students will learn the basic brain anatomy, how information moves in the brain and how to develop their brain like a muscle.

The Learning Styles

Every student was born with a unique style, a way that their brain likes to take in information. This is called their learning style and once they know it, learning makes sense and becomes easier. Students will take a quick assessment to identify their style. They will then participate in some group exercises to see how their learning style affects how they work. This module will forever change the way that they approach learning, enabling them to be much more proactive in the classroom.

Visual Mapping

The brain is a visual instrument. Research shows that the brain has tremendous difficulty retaining information as text. Therefore, taking notes in class is useless to most students and studying those notes is a massive waste of time. It's time to work smarter. It's time to gather information in a way that the brain likes. Visual Mapping is a brain-friendly tool for organizing information so that it can be retained. It's perfect for taking notes, planning, brainstorming, creative writing and more. This module trains students to use this tool with maximum effectiveness. They can incorporate it into their learning styles and begin to build a personalized system for being more productive in the classroom.

Collaboration vs. Competition

Competition kills sharing. Sharing is essential for learning and progress. Leaders of the future will find greater success via collaboration. Collaboration creates a win-win dynamic, gives us access to more resources, allows us to accelerate progress and reduces stress. This game-based module challenges teams to solve a problem with limited resources, tough conditions and time constraints. This game will illustrate the distinctions between collaborative and competitive approaches.

Intrapersonal Skills

Intrapersonal skills are becoming a lost art in this day and age of virtual communications. A firm handshake, eye contact, listening skills, asking questions and crafting conversations are skills that will make a young leader stand-out. This is the first of several modules that will develop those skills.





apX Camp Day Three

Public Speaking

Most people have a massive fear of speaking in public. Leaders can have tremendous impact when they can move through that fear to convey clear, compelling messages. This module will be the first in a series of four that will progressively prepare these students to be exceptional speakers. They will learn the tactics of the top speaking professionals and practice throughout the week with real-time coaching.

Dream Goals

Everyone has dreams. Everyone also knows that some of those dreams are less than realistic, and this doubt begins to be pervasive in our thinking. Eventually we stop dreaming and start being terribly practical. This is when life gets boring. Dreaming keeps the brain engaged, tuning our creative engine, our ability to imagine a different future. Dreaming is a skill. This module is designed to stimulate creative thinking. We will explore questions that expand what is possible and show real-life examples of people who dared to dream, and who created a massive impact.



Mistakes = Learning

This game-based module will challenge the teams to participate in an activity that requires large amounts of failure. They must make mistakes to make progress. This is a metaphor for real life. The people who make mistakes, learn from them and keep working are most often successful in the long run. They are constantly learning.

Motivation 101

We will use a powerful team game to show how motivation works. Students will experience the value of clear short-term goals, specific support and adapting as they work. This will show them how to maintain their own motivation in real-world conditions.

Advanced Goal Setting

Students will learn our proprietary GOAPE model for setting and planning their goals. They will leave the program with very clear short term goals that tie into their longer term objectives. This clarity will help them to make better choices, waste less time and to be responsible for their outcomes.

Overcoming Obstacles (TOP SECRET ACTIVITY)

This is an incredibly powerful activity that challenges each and every individual to confront an obstacle that is preventing them from reaching their goal. Every student must overcome their fear and focus on achieving success.



Parent Integration

This special session includes the parents. The students will walk their parents through key learning points of the week while our trainers explain the science and method behind our work. This session is instrumental as it gives the parents the information they need to support what has been learned.

Graduation

The camp finishes with a family oriented graduation ceremony. The teams elect student representatives to speak and share what they have learned with the audience. Each student receives a certificate of completion and there are lots of photo opportunities. The lead trainer will end the ceremony with a touching story. Our staff will remain available to answer questions and meet the families.



Join our apX Program today!

Contact us at info@seedstraining.com