



LEAP: Off Your Mat

What is LEAP2Lead?

LEAP2Lead is a heart-centered leadership training that builds self-aware, confident young leaders committed to changing their world. LEAP2Lead is designed to inspire emotional intelligence, resilience, vision and voice in each participant. The skills learned and diverse partnerships built in the curriculum simultaneously break down internal and external barriers and eliminate hurdles that keep the individual from reaching his or her potential.



Why Choose LEAP: Off Your Mat?

LEAP: Off Your Mat is a unique LEAP2Lead course that combines the LEAP2Lead leadership curriculum with stress-management, physical exercise and relaxation methods proven to increase focus and help maximize success in and out of school.

LEAP Off Your Mat teaches young leaders to tap into their own power and potential through personal health and wellness techniques, and then to leverage this into long-lasting community change.

Join us in two 6-week workshops to realize the power of your potential to lead by focusing on personal health and wellness, and how we can spread health and wellness practices to communities that need them most. Together we will empower communities to move beyond day to day survival and unleash their inner leader.



Who is your LEAP Coach?



My name is Martha Leonard and I started my life in a small town in southern New Hampshire. After graduating from Vassar College in Poughkeepsie NY with a BA in Anthropology, I moved to New York where I was chosen to be a New York City Teaching Fellow. I worked for 3 years as a special education teacher in the Bronx before taking time to travel and study Spanish.

Over the next four years of traveling and teaching special education throughout South America and the Caribbean, I became a certified yoga teacher and began bringing yoga, breath-work and mindfulness into the classroom setting. I became a certified Breath-Body-Mind teacher as well as completed the Fundamentals of Mindfulness through Mindful Schools. I realized how crucial emotional intelligence was to my students' success, and how yoga and mindfulness could help build this type of awareness.

Recently I returned to the US and landed in Portland Maine. I am excited to have the chance to re-connect to New England and combine my love of education, movement and mindfulness in LEAP Off Your Mat: a health and wellness LEAP.

Where and when will we LEAP?

This leadership workshop will be held in two sessions with two locations available:

Wednesdays 5:30-7:00 (with snack and tea) at the Boys and Girls Club of South Portland

Part I: 3/22, 3/29, 4/5, 4/12, 4/26, 5/3

Saturdays 11:30-1:00 (with snack and tea) at Rosemont Studio Collective in Portland

Part I: 3/18, 3/25, 4/1, 4/8, 4/22, 4/29

Dates for the second part TBD.

Prices:

Prices are for the full 6-week session of one class per week. Each class includes a 30 minute breath / yoga practice and an hour of leadership training. The full workshop price is \$300, with scholarships available. There is no refund for missed classes during the session. Please contact me with questions about scholarships, payment, and registration at martha@leap4change.org.

