

Theory U for Youth

October 2021

Have you been feeling curious about how to draw from who you are and all of your experiences, ideas, and passions to contribute to positive social change? We are offering space to explore different ways to access our individual and collective potential to support and nourish ourselves and the health of the greater whole.

Our goal is to introduce you to Theory U basics so that you can use your new understanding, capacities, and connections in meaningful, impactful ways. Theory U is a model for deep systems change for the benefit of the planet that builds inner capacities as well as group collaboration and leadership skills, leading us to collective action through rapid prototyping.

Each week we will experience activities that help us arrive in the present; discuss aspects of Theory U; explore deeper levels of listening and being heard; delve into generative dialog, movement, art making, or writing as tools for co-sensing, and consider how we can learn more about our ideas through action. We'll also enjoy a great meal from a local restaurant!

Participants are:

- Interested in being part of a sensing journey to explore and form connections between one's self and the world. Open to developing and nurturing the group so all feel welcomed, valued, supported, and inspired.
- In grades 11 or 12, or be in grade 10 and specially recommended by their school.

Outcomes:

- Learn to apply the concepts and tools of Theory U for personal and systemic benefit
- Engage in experiential, generative, and creative learning
- Connect meaningfully with peers and adult guides
- Investigate where you and the world intersect to find your "for now" purpose

Details:

- Free, dinner provided, transportation can be arranged
- 3 Fridays from 4:30 to 8:30pm, October 8, 15, and 22
- In-person in Portland
- Learn more about us on our [website](#) and IG (@thesourceschoolmaine)

Guides:

- Teagan Wu, B.A. Human Ecology: 2018
- Jennifer Chace, M.Ed., Ph.D. candidate in Public Policy (2024)

Let us know you are interested HERE!

