

Build a successful future

# Young Generation



Training. Motivation. Vision.

**x**pand

# Discover what lies within you





*xband have been very professional...  
the outcomes have been fantastic.*



*Gary Smith, Aberdeen*

Our mission is to help people and organisations to define their vision, develop their core competencies and fulfil their mission. As part of this, we provide services for young people that include career choice coaching, leadership development and social competence training. We offer these services in a variety of European countries as well as in the UK.

Our clients value our potential-oriented and practical approach and speak of its long-term effects.

See for yourself!

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# Is the future bright?

Discover what lies within you, the heights you could scale, the things you could achieve. Here you will find an overview of what we offer. More details will be found on pages 5-8.

- How much help do you need to make a choice about your career and which direction you will go in life? Try a Power Check weekend
- What difference would it make if you could take 9 months out to consider your future and calling? Investigate the Life College
- What kind of leader would you like to become? How could you grow your leadership skills and strengths? Find out through the Youth Leadership College
- How much could you develop yourself with the attentions of a personal coach? Individual coaching can be arranged with any of our team, to cover the topics we routinely teach or any other area of development that you have already identified.

If you want to organise training for an existing group or organisation then services can be tailored to your exact specifications – contact us to find out more.

# Find your profession

## Power Check

### Discovering potential – broadening horizons

- Can you already identify the 7 favourite skills that you would like to make use of in your job?
- Do you know your personality traits well enough to confidently say how you do things best?
- Have you worked out yet what kind of work environment best suits your personality?

If the answer to any of these is 'no' and you are around 15-20 years old, then the Power Check weekend is for you. Life is fun – and your job should be too!

Contact us for more information or visit our website.

[www.xpand.eu](http://www.xpand.eu)



# For a better start in the future



What could you experience and learn in 9 months with other European young people on the west coast of Scotland?

How would 9 months of living, learning and working together change your outlook?

» Living together

» Learning together

» Working together

- **1 – Basics of healthy living:**

Mental and physical fitness both count but how do you maintain it?

- **2 – What do you believe?**

By looking at world religions and universal beliefs you can define your own point of view and how to explain it to others.

- **3 – Where do you come from?**

Your history has contributed a lot to who you are now. How has your character developed, have you dealt successfully with difficult experiences and what lessons can you take into the future?

- **4 – Who are you?**

There is only one you - you are unique. What potential do you possess and what do you want to do with it in the future?

- **5 – Where do you go from here?**

Start to map out a path into the future and discover how you can influence others about what is important to you.

- **6 – Social Competence:**

We are not alone in this world but created as social beings.

How well do you operate alongside other people in a team?

How can you make the team more successful through improving your contribution? How can you manage conflicts and differences constructively?

- **7 – Resilience:**

How good are your life skills? How can you actually benefit and learn from your failures?

- **8 – Ethical decision making:**

How do you navigate through tricky situations? On what do you base the wisdom of your decisions?

- **9 – Style and Manners:**

How well do you present yourself in public? How could you improve the way you come across?

# Be the difference!



- Are you in a position of leadership already?
- Are you around 15-20 years old?
- Would you like to explore and enhance your abilities in the area of leadership?

If the answer is 'yes' to any of these then read on about the contents of the Youth Leadership College.

## **7 Modules spread over 1 year**

Track 1: Module 1-4

Track 2: Module 5-7

- **1** – Yes, you can – Leadership basics! Your calling to be a leader. Why you?
- **2** – Leading Projects. Start your own project that will accompany you through the whole course. What tools do you need?
- **3** – Lead yourself. How to organise yourself and your time?
- **4** – Communication. How do you really understand others and be understood from the core of your being!
- **5** – Leading others. Develop social competence and the ability to lead others!
- **6** – The heart of a leader. Where do you find the character and the passion of a leaders heart!
- **7** – Present your message. Do you believe in what you're saying?

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»Power Check renewed my enthusiasm and excitement for life! Within a short time, I discovered my dreams were obtainable. Sure my life is still busy but I have learnt how to organise my priorities.«  
*Marianna Miller, Crewe*



»It was very precious to me on the one hand to recognise what leadership really means and on the other hand it broadened my personal attitude towards leadership. YLC inspired me to search for my own potential and my own vision. To be lead and lead others.« *Franz Grasser, Kiel*



»It was a really good experience, even the second time around; the profile never lies.«  
*Gordon Stewart, Lossiemouth*



»To complete the Life College was the best decision ever. In this time I not just learnt a lot about myself, but I also could discover an awesome country with really nice people. Thanks for the really lovely time!«  
*Simona Wolter, Berlin*



»In the training and review programme for our summer volunteers, xpanD have been very professional, tailoring what they offer to the group's needs and the outcomes have been fantastic. They bring the best out of people, helping them to have a greater understanding of what makes them tick and helping them to push their own boundaries and step out of the boxes they have created for themselves.« *Gary Smith, Aberdeen*

## Who are we?



»I work with young people because I enjoy their company and like to assist them to the best possible start into their future.«

**Michaela Kast**

Senior Consultant & Coach



»I want to work with young people who are keen to develop themselves. To see them wake up to the potential they have and to grow into using it is always exciting, to see them become important people for the future of our world.«

**Nick Smith**

Senior Consultant & Coach



»I enjoy helping young people to discover who they are, their preferences and skills to enable them to make the best career choices.«

**Lindsay Smith**

Senior Consultant & Coach



»I first experienced xpend seminars and coaching myself and was really excited! Now I can use and enhance my potential in teaching while working with youths.«

**David Hüger**

Junior Consultant xpend Young Generation



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xpanse is an international, experience-oriented, medium-sized, trainer community. Our work is characterised by its orientation towards values, strategy and potential, and is known for its long-term effects. We provide solutions in the areas of personal development, strategy development and leadership development.

Our mission is to help people and organisations to define their vision, develop their core competencies and fulfil their mission.

Since 1988 more than 20,000 people from all over Europe have taken part in our training and consulting programmes, in the areas of career choice, leadership culture, communication, team building and leadership development. Many years of practical experience in church and/or business leadership will be there for your support, encouragement and development.