

LEAD with EMPATHY

an iACT Leadership Curriculum



iACT

LEAD
WITH
EMPATHY

TABLE OF CONTENTS

Introduction	4
Lesson 1: Mindfulness	5
Lesson 2: Leading with Empathy	8
Lesson 3: Feelings	11
Lesson 4: Your Needs	14
Lesson 5: Storytelling	17
Lesson 6: Why Leadership?	20
Lesson 7: The Meaning of Leadership	24
Lesson 8: Who are Leaders?	28
Lesson 9: Your Strengths	32
Lesson 10: Setting Goals Part 1	36
Lesson 11: Setting Goals Part 2	40
Lesson 12: Taking Notes	43
Lesson 13: Facilitation	46
Lesson 14: Human Rights	50
Lesson 15: Women's Rights	54
Lesson 16: Roles of Men and Women	57
Lesson 17: Children's Rights	60
Lesson 18: Child Protection	63
Lesson 19: Reporting	67
Lesson 20: Family Mapping	70

TABLE OF CONTENTS

Lesson 21: Community Organizing Part 1	75
Lesson 22: Community Organizing Part 2	80
Lesson 23: Community Organizing Part 3	84
Lesson 24: Empowerment Part 1	87
Lesson 25: Empowerment Part 2	91
Lesson 26: Empowerment Part 3	94
Lesson 27: Nonviolent Communication Part 1	97
Lesson 28: Nonviolent Communication Part 2	101
Lesson 29: Peacebuilding	104
Lesson 30: Action Project	107