

Therapist Development Center (TDC) Tzedakah Foundation Teen Leadership Workshop Content Description

The Teen Leadership Workshop prepares high school students with real world leadership skills through an 8 hour interactive program with a focus on:

- Persuasive Speaking: Public speaking techniques and practice real-world scenarios
- Land an Internship / Job: Write a resume and cover letter; practice interview skills
- Deescalation & Self Defense: Be an upstander and practice self defense scenarios

This Internship is operated by [TDC's Tzedakah Foundation](#), in partnership with the [Santa Barbara Police Activities League](#).



Knowledge Development

Interns will learn through a mix of presentations, videos, and live practice. We see parents and guardians as partners in this process and encourage you to review examples of the type of content that might be covered below and discuss with your teen at home. All materials are subject to change.

- Video excerpts might include:
 - [Bridging the Generation Gap: From Conflict to Conversation | Annabel Yao | TEDx...](#)
 - [The Secret to Great Public Speaking \(No, It's Not Confidence\) | Jess Ekstrom | TE...](#)
- Presentations:
 - How to speak as a teen leader
 - Teen deescalation & defense
 - Business and job application etiquette
 - Interviewing skills / mock interviews
 - Writing an email, resume and cover letter
 - TDC HEART Curriculum

Contact **Angela Binetti Schmidt**, Program Director with questions: angela@tzedakahfoundation.org