OUR FLAGSHIP CURRICULUM

The Leadership Journey™

A complete leadership curriculum that grows with every learner, from middle school to adulthood. One framework, built on character, purpose, service and legacy, delivered by trained mentors and facilitators.

8
courses, from personal leadership to mentor certification

12
modules in every course

3
editions: ages 11–14, 15–20 and 21+

90
day action plan after the modules

HOW WE TEACH

The L.I.F.E. Method™

Learn L
Develop wisdom through curiosity, education and a lifetime of growth.

Inspire I
Lead by example and become the reason someone believes in themselves.

Flourish F
Pursue well-being in mind, body, relationships and purpose.

Empower E
Use knowledge and experience to strengthen individuals, families and communities.



OUR SIGNATURE SYMBOL

The Leadership Compass™

Purpose Know why you lead.
Growth Commit to learning as long as you live.
Service Lift others as you rise.
Legacy Leave people and places better than you found them.
Character At the center: everything flows from who you are.

"Character is the needle that makes the whole compass true."

THREE EDITIONS, ONE JOURNEY

Ages 11–14
STUDENT EDITION
Age-appropriate language, real-life scenarios and a guided student journal.

Ages 15–20
STUDENT EDITION
For high school students and young adults planning their next steps.

Ages 21+
ADULT EDITION
A participant manual and guided journal for adults at every stage of life.

THE PATHWAY

Eight courses that grow with the learner

	ADULT EDITION	STUDENT EDITIONS	FOCUS
101	**Foundations of Personal Leadership**	Foundations of Personal Leadership	Character, purpose, service and legacy
201	**Emotional Intelligence & Communication**	Getting Along & Speaking Up	Self-awareness, empathy and connection
301	**Family, Parenting & Relationships**	Family & Friendships	Leading well at home and in close relationships
401	**Community & Civic Leadership**	My School & My Community	Organizing, serving and creating change
501	**Entrepreneurship & Financial Leadership**	Money & Big Ideas	Stewarding resources and turning ideas into action
601	**Professional & Career Leadership**	School, College & Career	Thriving, leading and advancing at work
701	**Executive & Organizational Leadership**	Leading Teams & Groups	Leading teams, culture and organizations
801	**Mentor & Facilitator Certification**	Becoming a Mentor	Learning to guide others through the Journey

What every module includes

- Leadership Lesson
- Reflection
- Worksheets & Trackers
- Real-Life Scenario
- Mentor's Corner
- Leadership Challenge
- Knowledge Check & Commitment

From first page to graduation

1. Leadership Self-Assessment
2. Twelve modules with a mentor
3. The 90-Day Journey
4. Service Learning Project
5. Leadership Covenant & Certificate of Completion
6. Alumni Commitment

A typical session (about 90 minutes)

Welcome & check-in	10 min
Review last challenge	10 min
Teach the lesson	20–30 min
Engage: scenario & discussion	25–35 min
Reflect & commit	15 min
Close	5 min

12 weeks
One module per week

6 months
One module every two weeks

Intensive
Two or three days, then the 90-day plan

BUILT FOR EVERY SETTING

The curriculum does not change to fit the room. Our facilitators change the language so the room can receive it.

- Schools & youth programs
- Workforce development
- Nonprofits & community groups
- Faith communities
- Corporate leadership

Train your own facilitators

Course 801, Mentor & Facilitator Certification, prepares your staff and volunteers to lead the Journey themselves, so the program keeps growing after launch.

Bring the Leadership Journey to your organization

Request a sample module or start a partnership conversation.

info@lifeuniversities.org
831-240-9550
lifeuniversities.org/contact

© 2026 L.I.F.E University. All curriculum content is the intellectual property of L.I.F.E University.