



Building One World Family through Shared Values
INTERNATIONAL ASSOCIATION FOR HUMAN VALUES

SAKHA ISOUTH AFRICA!

BUILDING LEADERS FOR TOMORROW

If you don't have integrity,
if you don't have depth,
if you can't communicate from an authentic
space of your own experiences
... who will you influence and
what will you lead?



True Leadership is something you develop

CONFIDENCE * CLARITY * PURPOSE * INSPIRATION

Learn skills to make a real difference in the world.
Put your knowledge into action and realize your capabilities



**JOIN THE TEAM!
STARTS 30 JUNE, 2007**

In 9 intensive days YLTP prepares participants to organize / lead effective stress & trauma management workshops that build the roots for a peaceful, empowered South Africa



Call now for details:

Elizabeth Meiring, YLTP Coordinator

082 497 6428 elizabeth@artofliving.org.za

www.iahv.org

YOUTH LEADERSHIP TRAINING PROGRAM



SAKHA ISOUTH AFRICA!

BUILDING LEADERS FOR TOMORROW

If given the means to see clearly, young people have the vision to do something positive in their communities. They also have the energy to translate their vision into action. What they don't have are the tools and team. YLTP creates a platform for youth to make a difference in their own world.

Youth Leadership Training Program (YLTP) makes leaders, it inspires young people (18-30) to TAKE responsibility by bringing service projects and youth programs to their community. We have seen this for the last three years in Africa, for the last five years around North America and since 1997 in other parts of the world. Young people connect with each other so deeply, practice stress reduction techniques together and are inspired by their combined intention to focus on service. YLTP blasts them out of their boundaries and they come out strong, ready to take action.

"Youth Leadership Training was the most memorable and rewarding experience of my life. I can't wait to go back." Tim, South Africa

International Association for Human Values

The IAHV is a global, humanitarian, non-governmental organization with special consultative status in the Economic and Social Council of the United Nations.

IAHV's aim is to develop a more peaceful, just and sustainable world through creating and promoting programs of personal development while encouraging everyday practice of human values. Stress and trauma management programs allow participants to feel energized and empowered; they themselves begin to address community development; IAHV supports them through the 5H framework – Health, Hygiene, Homes for the Homeless, Harmony in Diversity, Human Values – (see global statistics opposite)

IAHV provides young people with a positive direction for their lives through YLTP – self-esteem and self-confidence flow naturally and inspire & equip young people to take responsibility for their own communities.

Global 5H Statistics

(India, Africa, South America)

- 25 710 youth trained through YLTP
- 1 350 youth employed to implement the 5H program
- 75 000 BWS workshops conducted reaching 2.3 million people
- 4 465 disadvantaged areas adopted for organic farming
- 25 000 disadvantaged areas adopted in 25 states across Asia
- 28 350 cleanliness campaigns conducted, 1 million participants
- 12 900 medical camps conducted, 0.43 million people benefited to date
- 1.3 million trees planted
- 30 schools set up (rural and slum regions across India)
- 2 000 self help groups formed with a membership of over 35 000
- 50 model villages are being developed in India, benefiting 100 000 people



SAKHA ISOUTH AFRICA!

BUILDING LEADERS FOR TOMORROW



Discover your Potential

YLTP expands your ability to live a happy, fulfilling and useful life. It breaks the boundaries of what you thought you were capable of, increasing your personal power, energy and focus, as well as leadership, teamwork and communication skills.

It challenges you to learn and embody the Art of Living, discover your potential and be the change you wish to see. Tapping your inner wisdom, you become a model of inner strength, joy and caring for the world. All this is nurtured by a deep connection with a loving and accepting team who dedicate themselves to the challenging and ultimately fulfilling work of personal growth and service.



"Thru YLTP I have learned that I am capable of being part of a smoothly functioning, integrated team.... My personal boundaries turned out to be largely of the mind and I got to see through this by direct experience. The people on YLTP are among the most amazing I've ever met. Sincere from day one, hardworking, life-loving, community-committed people dedicated as much as I was to making the community work to a degree that I never thought was possible."
Angela, Chicago



YLTP Includes:

- ▶ Daily physical exercise
- ▶ Uniquely powerful breathing techniques
- ▶ Daily yoga and meditation
- ▶ Practical knowledge for stress-free living
- ▶ Celebration through music
- ▶ Games and creative exploration
- ▶ A drug, alcohol, tobacco free environment
- ▶ Intensive training sessions, which develop leadership skills
- ▶ Community upliftment and empowerment
- ▶ Group sharing
- ▶ A cohesive, connected team atmosphere, which nourishes a sense of belonging



SAKHA ISOUTH AFRICA!

BUILDING LEADERS FOR TOMORROW

You Can Make a Real Difference

YLTP is an intensive 9 day residential training which prepares participants to teach a free stress & trauma management course, and to organize & implement these through community development projects e.g. non-aggression programs, schools programs, natural gardening for food security, performing and visual arts for outreach ... and other potential development gateways. Globally YLTP has empowered youth, who have in turn brought transformation to their communities.

Who ... calling **you** if you are

- passionate about making a difference thru volunteer-based community work
- 18 – 30 years of age
- willing to be tobacco, alcohol and drug free for the duration of the program
- are available for the full period 30 June to 8 July 2007

When ... 30 June – 8 July 2007 (full-time – residential) Where ... Cape Town

How much ... US\$175 (R1050) including meals and accommodation
non-refundable deposit of US\$ 25 (R150) with application

How to apply ... email elizabeth@artofliving.org.za for registration form & details



Submit applications	May 2007
Interviews	early June 2007
Notification of outcome	mid June 2007
YLTP Programme	30 June – 8 July 2007
Volunteer Fieldwork	July 2007 →
Advance YLTP Course	1 st half 2008

If you are ready to see what you are
really capable of,

if you have a sincere desire to
make a difference in the world
... fill out an application today

