



LEADERS IN ACTION



PROGRAM IMPACT REPORT

September 2024 - June 2025

THE PROGRAM



Program Description

Leaders in Action (LIA) is our capstone program where youth participate in all the activities we offer and have opportunities to volunteer and be role models for other youth. We focus on building strong relationships among our participants and developing their capacity in a team environment before they become youth leaders on our other programs. LIA is 10 months long and in 2024-25 we served 8 equity deserving youth. 50% of youth identified as female or non-binary and 75% of youth identified as members of a BIPOC community. As our longest program, it is also our most impactful, with youth participating in 45 days and hundreds of hours of programming together. Spread over 3 semesters, they hiked, mountain biked, climbed, and snowboarded together. They also enjoyed Skill Development Sessions, where we explored leadership in both classroom-settings and through experiential learning.

Our Goals are to...

1. Use outdoor activity to experience presence and mindfulness.
2. Enhance physical health through outdoor activity.
3. Improve confidence, resilience, and emotional regulation.
4. Strengthen social connections and reduce isolation.



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FALL

Creating a Foundation

The goals of this semester were relationship building and healthy communication. To practice leadership, we first need to build trust and community. We started the program with a 2 night, kick-off bike-camping trip, where participants rode 80 km on the KVR, from Kelowna to Penticton, over a weekend in mid-September.



“I've gotten better at communication and awareness of others' moods and talents and skills. - Participant”



Combined with our small cohort model, this experience created fast friends as youth pushed through adversity, and enjoyed communal living in nature and evenings around the campfire. We built on this foundation throughout the fall, exploring the pillars of leadership, learning to climb in the gym, and going on hikes and bike rides.



On average, youth ranked themselves 4/5 on how close they felt with other participants in the program.

WINTER

Experimenting in Leadership

The goal of this semester was building confidence. Participants started volunteering on our snowboarding program, letting them experiment and find their own style of leadership.



“ *I became more confident in trying new things and being more involved in my community.* - Participant

My confidence level skyrocketed! - Participant ”



Participants practiced leadership skills in a safe environment with the support of our program leaders and adult volunteers, letting them explore different ways to apply the theories of leadership they learned in the fall. They also began to role model the behaviours they developed in the first semester of the program.



71% of participants identified, or strongly identified, with the trait of self-confidence by the end of the program

SPRING

Looking Ahead

The goals of this semester were career exploration and healthy group closure. Youth continued to refine their leadership skills while also exploring what is important to them and what direction they might want their life to take in the future. Youth had the opportunity to participate in a career share and explore different careers that interest them.



“ *I would not be able to maintain a job without the skills and lessons learned from my time at Elevation, I would be a much more reserved person, I wouldn't have been exposed to these activities, which I enjoy. Thank you guys so much for this program.* - Participant ”

Youth also helped plan a year end, multi-day wrap up trip. We said goodbye by camping in Squamish for 4 days, reflecting on the year, and talking about next steps. We also visited the Lil'wat Cultural Center, went ziplining in Whistler, and gazed upon the Howe Sound from the top of the Sea to Sky Gondola.



When asked to compare their leadership skills at the end of the program to when they started, 100% of participants stated that they would now describe themselves as a leader.

GALLERY



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