

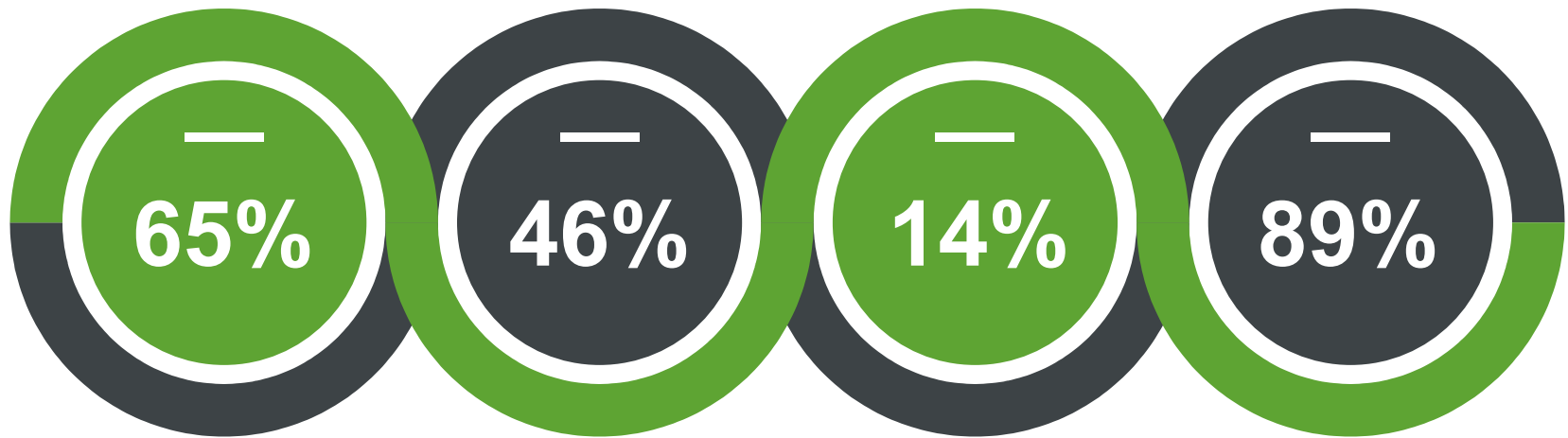
DISCOVER YEAR

YOUNG LEADERSHIP SUMMIT IGNITE YOUR POTENTIAL



The Status Quo

Mental Health Crisis + New Economy



= Preventive Medicine
= Thrive vs “get by”



DISCOVER YEAR

SPARK YOUR CURIOSITY 🔥 IGNITE YOUR POTENTIAL

WHAT

Experiential Learning

Self-discovery

Skill Development

Work

Travel

Community Service

Coaching

Reflection exercises

Exploration

Workshops

Group Discussion

Networking

DISCOVER YEAR

SPARK YOUR CURIOSITY  IGNITE YOUR POTENTIAL



DISCOVER YEAR

SPARK YOUR CURIOSITY 🔥 IGNITE YOUR POTENTIAL

HOW

DY Culture: the difference maker

- **Positive Psychology**
- **Humanistic Counselling**
- **Authoritative Coaching**



“The question is not ‘how can we motivate others’, but rather ‘how can we create an environment within which others will motivate themselves’.”

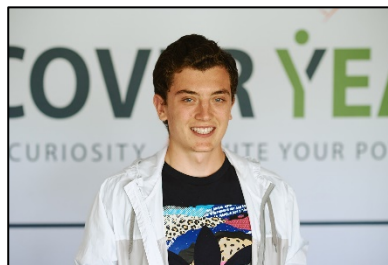
- Edward Deci, PhD

3 Keys to Thrive

Confidence

Self-awareness

Adaptability



Gap Year Fairs
April 4, 9, 15, 2019
OTT-GTA-VAN

DY Open House
April 27 & May 4, 2019
GTA-OTT



www.discoveryyear.ca/events

Resources

Questions?

The DY process

“Do it the right way, not the easy way.”

