

SHSM TRAINING PROGRAMS

GLEN@H4ML.COM
416-888-2355



DETAILS



Community-Driven & Proud TCDSB Alumni:

- **Glen Reyes** is heavily involved with the Toronto Catholic District School Board, working closely with the Equity and Catholic Student Leadership departments. Glen brings authentic passion and commitment as proud TCDSB alumni, creating a meaningful connection for students.



Fresh, Real-World Experience

- **Breaking Canada** is fresh off a gold medal win and continues to deliver high-quality international events and programs. Students will learn from the latest real-world experiences that are relevant and inspiring
- **H4 Community** is currently running **The Cypher Program**, a large-scale leadership-through-dance initiative that brings both high school and elementary schools together in a train-the-trainer model. High school students teach elementary school students, culminating in a large showcase at the **H4 Invitational** where all schools present their performances.



Innovative Tools & Creative Exercises:

- Students will learn how to use new tools, including AI, through creative exercises designed by H4 Community. These exercises make learning dynamic, giving students an edge in tackling projects with modern solutions.



Engaging and Student-Focused Content:

- Our workshops are designed with high school students in mind. The activities have been vetted by students and are built on years of experience working within the board, ensuring content that resonates and keeps them motivated.

ABOUT



Glen Reyes is the Director of Government Relations and Partnerships for **Breaking Canada**, the national sport organization that won a gold medal at the **Paris 2024 Olympic Games**. As the **President of H4 Community**, Glen leads student leadership initiatives, running large-scale programs that engage thousands of students. He has worked closely with the Toronto Catholic District School Board, collaborating with superintendents, principals, teachers, and students to deliver impactful workshops.

Glen's unique blend of nonprofit leadership, business expertise, and educational involvement allows him to offer a perspective that combines innovation, practical experience, and leadership. His mission is to nurture lifelong learning and help students develop the essential 21st-century skills needed for success.



PROJECT MANAGEMENT BUNDLE

HOME OF THE TITANS

GLEN@H4ML.COM
416-888-2355

OVERVIEW & PRICING

Project Management Mastery Bundle

Empower your students with essential life skills through a **6-hour Project Management certification bundle**—two certifications in one experience, complete with a **capstone project** to reinforce their learning. Led by the gold-medal national sport organization **Breaking Canada**, this offering equips high school students with practical **skills they can apply immediately**—whether they're planning a large-scale project or using these strategies to improve their personal studying habits, they can think big or treat themselves as the project.

Students will learn the foundations of project management alongside a certification of their choosing—**leadership skills**, **event coordination**, **personality inventory**, or **customer service**—from experienced facilitators who have organized local and international events. Our program emphasizes real-world applications, including setting SMART goals using “**goal-meeting**” principles, effective communication, teamwork dynamics, and using **AI tools** to streamline their work. We specialize in helping students understand their “**why**” and translating it into action.

By the end of this certification experience, your students will have not only gained critical skills but also completed a capstone project that stands as a tangible component of the bundle. They'll learn to manage time, work effectively in teams, and address challenges directly—all while **applying competencies to studies and personal goals**. This workshop offers a transformative experience that goes beyond theory, preparing them for **real-world success**.



*PRICING

\$34.99

PER STUDENT
PER CERTIFICATION

Includes:

- **3 hours of instruction**
- **One certification**
- All materials for in-school programs
- Offsite visits may incur additional travel costs and space accommodations.
- **Custom pricing available** based on programs and number of certifications included.
- **Bundle option available** with ICE (Innovation, Creativity and Entrepreneurship).
- Flexible scheduling: Sessions can be one-day or multi-day experiences.
- Additional certifications available including: **Leadership Skills, Personality Inventory, Customer Service**, Fundraising & Proposal/Grant Writing, and more.
- Ideal for the following sectors: **Non-profit, Sports, Business, Arts and Culture, Health and Wellness, Hospitality and Tourism**.

ICE TRAINING
\$44.99 PER STUDENT

SHSM Programs & More: Explore Custom Certifications and Bundles!

LEADERSHIP SKILLS

This interactive workshop guides students to articulate their personal vision, strengthen communication skills, and bring their ideas to life. Through creative exercises like the "Vision Statement on Mars," participants learn to set goals and craft narratives that inspire others. Drawing on real examples from communities like Breaking Canada and H4, we'll explore various leadership styles and practice mission-driven storytelling. Students will leave equipped to share their unique visions, rally support, and lead impactful initiatives in their schools and beyond.

CUSTOMER SERVICE

This dynamic, hands-on workshop equips students with essential customer service principles and practical communication skills. They'll explore effective tone, body language, empathy, problem-solving, and the 5 E's of customer service, as well as the laws of value and compensation. Through interactive activities and analyzing group scenarios, students learn to deliver service that builds trust and creates positive experiences. They plan presentations and reinforce the theory through role-playing exercises, ultimately gaining the confidence to handle any customer interaction. Students leave prepared to stand out in customer-facing roles.

PERSONALITY INVENTORY

In this dynamic session, students explore the foundations of personality through the Holland Code framework and "The Personality Party" group presentations. They discover their own personality types, connect personal strengths to their "Element," and learn that assessments are starting points rather than rigid labels. By examining how different personalities offer diverse insights, participants leave prepared to appreciate unique perspectives, foster meaningful collaboration, and build stronger, more resilient relationships in their schools, families, and broader communities.

PUBLIC SPEAKING

In this dynamic 3-hour workshop, students learn to speak confidently and effectively. They discover techniques to manage nerves, project their voice, use body language powerfully, engage audiences through storytelling and humor, and structure their speeches with clarity. Through hands-on exercises, small-group breakouts, and volunteer presentations, participants receive constructive feedback, refine their delivery, and walk away prepared to command any stage. Build confidence, master communication, and become a compelling, authentic public speaker.

EVENT COORDINATION

This workshop equips students with the practical skills to plan and execute a successful event from start to finish. They'll learn how to define a clear "why," identify target audiences and stakeholders, assign roles within a team, and develop an actionable project plan. With guidance on budgeting, logistics, and contingency planning, participants gain confidence in their ability to handle the unexpected. Through exploring event marketing, promotion strategies, and idea pitching, students leave prepared to craft valuable, audience-focused experiences and turn their event visions into reality.

NEGOTIATION & COMMUNICATION SKILLS

Ready to level up your communication game? In this interactive workshop, you'll unlock the secrets to speaking with confidence, building connections, and negotiating like a pro! Through fun role-plays, real-life scenarios, and hands-on activities, you'll learn how to overcome social anxiety, express yourself clearly, and find win-win solutions in any situation. Whether it's a group project debate or persuading your teacher to extend a deadline, this workshop will give you the tools to take charge of conversations and seal the deal with confidence!

PROPOSAL/GRANT WRITING

Got a big idea you want to make happen? This 3-hour workshop will teach you how to write winning grant proposals and unlock funding for your projects. Led by Breaking Canada, an organization that uses these techniques to connect with dancers and communities around the world, you'll learn where to find grants in Ontario, how to create a strong proposal, and how to build a budget that makes sense. Whether it's for a community event, a project, or something creative, this workshop gives you the skills to bring your ideas to life!

EFFECTIVE NETWORKING

Unlock the power of connection! This hands-on workshop teaches students how to build authentic relationships, create win-win opportunities, and strategically influence others. Through engaging activities and real-world scenarios, students will master the art of rapport-building, active listening, and crafting their personal brand story. They'll learn the secrets of turning small conversations into big opportunities and maintaining meaningful connections. By the end, students will walk away with actionable skills and the confidence to network effectively in school, careers, and beyond. Build connections that count—start now!

SAMPLE AGENDA FOR PROJECT MANAGEMENT BUNDLE

Welcome and Introductions Project Management and Leadership Skills

8:30AM - 9:15AM

- Meet your Facilitator - Prep links and Download Apps
- Goals of the Workshop
- Overview of Project Management and Leadership Skills

Foundations of Project Management

9:15AM - 9:50AM

- Project Life Cycle: Initiation, Planning, Execution, Monitoring, and Closure
- The Goal-Meeting Process (SMART goals+)
- Defining Success

9:50AM - 9:55AM

break

Risk Management and Problem Solving

9:55AM - 10:25AM

- Identifying potential risks
- The art of contingency planning
- Risk assessments and scenarios
- Brainwriting and inclusive idea generation

What is Leadership?

10:25AM - 11:20AM

- Vision and Communication
- Vision Statement Exercise on Mars

11:20AM - 12:05AM

LUNCH

Leadership Examples & Bringing Your Vision to Life

12:05PM - 12:50PM

- Leadership Types and Effective Leadership
- Case Studies: Breaking Canada and H4 Community
- Mission driven storytelling
- Paint the picture for others and lead!

12:50PM - 1:30PM

The Element and Project Pitches, Final Remarks & Discussion

1:30PM - 2:40PM

- Project Pitches
- The Element and Leadership in your school
- Q&A: Final Comments and Suggestions
- Follow-Up Dates
- Closing Remarks