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GOT CONFIDENCE?

321LAUNCH.ca

 **LAUNCH** Youth Unlimited (Toronto YFC)

LAUNCH is all about helping you MAXIMIZE your IMPACT for good.

Got a leadership opportunity you'd like to MAXIMIZE or an idea that'll IMPACT your community?

If you're 14-25 we'd love to match you with a free LAUNCH Coach who'll help you grow while you make that idea reality.



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321 LAUNCH.ca/coaching

Q AND A

WITH LAUNCHee EMMA

You've been meeting with a LAUNCH Coach once per month since September. How has LAUNCH helped you grow?

I've seen my spiritual life and self confidence grow in many ways! I'm being encouraged to ask the hard questions that I used to run away from because of fear of the unknown. LAUNCH has impacted my self confidence through trying new things, having amazing opportunities, and launching my project. I love my Coach - shout out to Dani :)

What is one thing you've learned about leadership?

It's that everyone can lead! You don't have to feel ready, or know everything but you just have to step out in faith and try :).

Tell us about the community impact idea you're working on.

It focuses on encouraging girls to grow together through once a month outreaches in their communities. My heart for this organization, called W/Love (With Love), is that others will be encouraged and inspired to make their own W/Love groups in their communities to grow together through helping others. To fund the outreaches I am making and selling scrunchies: Help A Bunchie, Buy A Scrunchie, Reach Out Monthly!
Visit the website to learn more: withloveproducts.wixsite.com/emma

What would you say to someone considering signing up with LAUNCH?

"DO IT!!!" I'm so thankful that I'm part of this community!





Catapulting Confidence

Written By: Alex Street

A catapult is an awfully cumbersome way to launch an object over a barrier. Standing around 15 feet tall, the contraption had to be rolled into place, and engineered with just the right counter-weight. More often than naught, the shot would miss the target, causing you to load another exceedingly heavy object into the bucket, adjust, and launch again. To go through that much trouble for one shot required an immense amount of confidence that the effort would be worth the reward. Now, the life of a teenager doesn't carry the destructive nature of a catapult with it - contrary to popular narrative - but the confidence required to make the perfect next steps in the life of a teen is just as prevalent while they look ahead to their targeted future. Unfortunately, we are witnessing this kind of confidence fade away among teens today.

As highlighted in a 2017 NY Times article¹, anxiety is the most prominent struggle among teens today. Just a few years ago we saw over half of the students seeking counseling in University were citing *anxiety* as the main reason, surpassing depression for the first time. Our teenagers are anxious, stressed out, overwhelmed, worried, and simply uncertain of what to do or say next; "What if I make the wrong move?" As you know from your own life, this concoction of stirring emotions leads to lowering self-confidence.

How do we know this? At LAUNCH we see it first-hand through applicants of our LAUNCH Equip 1:1 Coaching program. One of the questions we ask on the intake form is, "What is one area you want to grow in?" Keep in mind, these are the teenagers that have *already* recognized they want a Coach, they have spent the time to discern this is the right step, and they are investing energy to focus on this application. **Of these teenagers - the ones you might expect to be bursting with self-confidence - we have seen nearly 80% of them state that above all else they would like to 'grow in confidence.'**

So, why is this happening and what can we do?

For starters, there has been a major spike in screen-time among Generation Z (8-22 year olds)². Which essentially means **there is a constant awareness of comparison, an expectation to succeed immediately, and a fear of missing out on the brightest and best future**. All sparked by our intensely constant connectivity coming, as you might have guessed, primarily through our screens.

Yet, before you begin throwing iPhones into the trash, consider the ability you have to be a guide to the teenagers in your life, creating confidence as it seems to be fading away. **You can help them believe they have a unique opportunity to shape this world with their ideas. You can help them develop boldness to take a risk and to try something that might fail.** And you can be there with them as they bounce back to try again, developing one of the main resistors to anxiety - *resilience*.

We may not get the angles right, we will probably falter on the first few shots, but with every shot today's teens do take, they grow in confidence to change this world. Let's help create the confidence they need to take their shot.

Want to grow in confidence? Join LAUNCH. We can help.

"[My LAUNCH] event increased my confidence and helped me see I don't need to be afraid of presenting in front of others." ~ LAUNCHee

¹"Why Are More American Teenagers Than Ever Suffering From Anxiety?", Denozit-Lewis, Benoit. Oct. 11, 2017. www.nytimes.com/2017/10/11/magazine/why-are-more-american-teenagers-than-ever-suffering-from-severe-anxiety.html

²"Gen Z", Barna Group. 2018. p16.

Want to bring the LAUNCH Communicating With Confidence workshop to your group?



Students will learn 5 confidence building tools that will help clarify their communication and make it unforgettable.

For more info or to book a workshop at your venue, contact us at LAUNCH@yugta.ca

LAUNCH Devotional: Got Confidence?

Thinking you're better than someone else isn't true confidence. God created you with unique talents, abilities, passions, and personality, then He stood back and said "it is good". He thinks you're worth the life and death of His son Jesus and He risked everything in order to have a personal relationship with you. He looks at you with an overwhelming all-encompassing love and delight. When you remember who created you, believe what He has to say about you, and know how He feels about you - your confidence will grow.

Don't listen to fears or insecurities like "who are you to ____ [lead this group, start a ministry, organize this fundraiser, evangelize to that friend...]"? In those moments when you need a boost of confidence, rely on God. Just like Paul does in Philippians 4:13 when he says: "I can do everything through Him who gives me strength" or in Romans 8:37 when Paul says "In all these things we are more than conquerors through Him who loved us".

Bible Check Up

Look up what the Bible has to say about confidence:

- Jeremiah 17:7
- Psalm 71:5-6
- Joshua 1:7-9
- 2 Timothy 1:7

Think it Through

Who does God say that you are?
What is God calling you to do that will require confidence?
Name a fear or insecurity that hinders you from reaching your full potential.





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“ My confidence dropped in High School but this course pushed me to break out. Through this course I figured out what I’m passionate about and that I can’t do it all by myself. ”

~ **Course Student**

“ I see myself as a more mature young man ready to lead in any and every situation possible. I see myself as a leader and someone that can genuinely make an impact on someone’s life. ”

~ **Course Student**

LAUNCH Family Updates

We will greatly miss our coworker Alex Street (and his family) as he moves into new the adventures that God has set out for him in speaking, acting, coaching and continuing work on his famous Made For This Podcast. Visit his website to learn more about all his projects: www.alexstreet.ca



Many congratulations go out to our newly married team member Anne Fleetwood (now Anne Lee). She and her husband Sean tied the knot this past November in Markham Ontario. We wish you both all the best in your marriage.

Next time you see him, give Blair Malfara a hearty welcome as he has recently joined our team as the newest Leadership Facilitator. In his new role at LAUNCH, Blair will be visiting schools, churches, camps and conferences, delivering leadership and spiritual development workshops for youth and young adults. We're glad he's joined the team!



We're so thankful for how God has continued to care for the LAUNCH team through the support of many donors, prayer supporters, coaches, etc. We couldn't continue this work without help from Him and all of you!

LAUNCH COMES ALONGSIDE YOUNG CHRISTIANS, INSPIRING THEM TO WALK LONG-TERM IN THEIR GOD-GIVEN POTENTIAL BY EQUIPPING THEM TO GROW SPIRITUALLY, IN CHARACTER AND IN LEADERSHIP.



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