

what's inside

A LAUNCHee INTERVIEW
HITTING THE SWEET SPOT BULLSEYE
LEARNING TO LEAD A HORSE
AND MORE...

What's Your
SWEET
SPOT?

A large, white, irregularly shaped graphic resembling a splash or a spot, outlined in blue. Inside this graphic, the text "What's Your SWEET SPOT?" is written. "What's Your" is in a black cursive font, "SWEET" is in large, bold, teal block letters with black outlines, and "SPOT?" is also in large, bold, teal block letters with black outlines. The letter "O" in "SPOT" is replaced by a target icon with a red arrow hitting the bullseye.

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.

A woman with long hair is sitting at a desk in a dimly lit room, looking at a laptop. She has her hand to her chin in a thoughtful pose. The desk has a laptop, a smartphone, and a small potted plant. The background is a bright window.

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Q AND A With LAUNCH Alumni: Grace

As part of her community impact project, Grace ran a fundraiser at her school for PILAS, an organization that provides Christ-centred education and leadership development to impoverished indigenous youth in Guatemala. We interviewed Grace to hear more about what happened next:



We hear you are still involved with PILAS. How has your project continued?

Yeah, I've definitely continued to be involved with PILAS! LAUNCH has this amazing, long-reaching effect that really helps an idea snowball and grow over time. My school's service and leadership team and I decided to plan a school wide games day to support PILAS. Also I might go on a missions trip to Guatemala to see the impact of PILAS first-hand. This all started with a small idea that I thought I could help. I never thought I could end up on a missions trip!

What was the greatest learning from your LAUNCH experience?

That anything and everything has a greater purpose. Often times I didn't know what to do but with guidance from friends in LAUNCH, I learned that there is something special in everything. LAUNCH taught me about the beauty of community and serving. One of the things I've learned more about is actually myself! I learned about my passion for leadership and interacting with others to help them and this has helped direct what I want to do in the future.

How have you continued to grow in leadership since completing the LAUNCH program?

Through more community involvement. LAUNCH has opened so many doors for me to share with others about my experiences and embolden and empower me to go out into the world. I've been involved in my youth leadership, school leadership, and even leading a conference! I've been able to help mentor youth younger than me. It's out of my comfort zone but LAUNCH taught me that growth will occur out of the comfort zone. Who knows what God has in store for me!



Hitting the Sweet Spot

Written By: Anne Lee

Everyone wants to hit the sweet spot in life, in relationships and in their leadership. At LAUNCH we're always working to inspire and equip young leaders (14-25 years old) to aim for their sweet spot and to walk in their God-given potential. But how does one find and hit their own unique bullseye? Here are a few steps that we recommend:

1. Know Who You Are

Discovering your identity is like picking up the bow. It's that first step in preparing to hit the sweet spot. Knowing who you are takes time but here are some suggestions to help you get more clarity:

- Take a personality test
- Get feedback from friends/ family
- Read about your identity in the Bible. Check out: Ephesians 2:10 and 1 Corinthians 12:27 to start
- Make a list of your passions, abilities and skills
- Review your background, culture and family history

Looking over the above information really helps you develop a picture of who God has created you to be and can even give insight into your purpose on this earth - insight into how you could best make a difference in this world.

2. Focus On What Needs Help

There are so many issues in our world that need your help. Figuring out where to focus your energy is like choosing a target. Deciding where to target your energy, experiences, abilities and passions will help you be more effective in your efforts to make a difference.

To figure out where to target your efforts:

- Think about what hurts your heart when you look at this world? What do you wish were different?
- Choose to make a difference on one issue
- Do some research and make a plan
- Build a team to help



Time spent thinking about what needs help will birth deeper compassion and will usually inspire action. Figure out your focus and then...

3. Do Something

Ready. Aim. Release the arrow. Merging who you are with what needs help is like releasing your arrow directly at the target. If you use who you are to help, you're bound to make a difference.

Take note...You can't hit the sweet spot without a little risk! There are times you might miss the bullseye and that's ok. Make sure you look at those moments as opportunities to adjust your focus rather than viewing them as a failure.

"A good archer is known not by his arrows but by his aim." ~ Thomas Fuller.

**Want help hitting your leadership sweet spot?
Learn more at www.321LAUNCH.ca/coaching**



This past fall our LAUNCHees and Leadership Course students were invited to join a unique learning experience at Copperwood Trail - a horse farm north of Stouffville. We were delighted to discover that spending time among horses can help us grow in leadership! Gabriella, owner and host at Copperwood, introduced us to the horses and outlined the responsibilities and intricacies of horse care and interaction. We all went out to the back field where we were challenged to lead a horse.

Horses are a sensitive bunch. They are extremely relational and can read your body language from far away. For a horse to trust you to lead them, you need to exude confidence - standing tall and looking forward with purpose. You need to be willing to take the first steps, to look forward and move in the direction you desire that horse to go.



Sound familiar? As leaders we need to choose to live in confidence, with purpose, being willing to take the first steps wherever we wish our followers to go. We can't expect a team to trust us if we haven't built relationship with them first.

Our group was able to step into this learning and each student successfully led a horse around the field. The horses had a great time too - though that might have been due to all the hugs and patting they received as thanks for their cooperation.



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IMPACT Your Community.
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LAUNCH Leadership Course - Grade 11 Credit
GPP30 Leadership & Peer Support
Online and In-class Learning

Apply Now for Fall 2020

Visit [321 LAUNCH.ca/leadership-course](https://321LAUNCH.ca/leadership-course) for more info.

“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 co-worker Blair Malfara as he moves into a full-time Youth and Young Adults Ministry role at The Olive Branch Church in Markham. We are sad to see him go but wish him many blessings as he uses his gifts and abilities to care for the young leaders he encounters.



The LAUNCH team is also saying goodbye to their Associate Director, Anne (Fleetwood) Lee as she moves on to a marketing role at World Vision Canada. Anne has served faithfully at LAUNCH for over 6.5 years. Her coaching, marketing strategies and energetic speaking have been a huge asset to young leaders in the GTA. We wish her all the best in her next role!

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.



LAUNCH is a program of Youth Unlimited
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