


GROUNDING EMERGING LEADERS IN Purpose & Prosperity



Take the Leap!
MAKE AN IMPACT


1340+ Leapsters participated in award-winning
Take the Leap! programs since March 2019

1




Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



Starter Kit:
**For the National Standard
of Canada for Mental Health and
Well-Being for Post-Secondary Students**


IN THE COVID-19 CONTEXT AND BEYOND



harvest
performance

“As post-secondary institutions across Canada rapidly shifted to online learning, it created a lot of uncertainty for students, while heightening their feelings of **stress** and **anxiety** over concerns about **health** and **safety, isolation, finances**, and the **future**,” explained The Canadian Alliance of Student Associations (CASA)

2

A person wearing a black graduation cap and gown is seen from behind, looking at a dark chalkboard. Above their head is a large, empty thought bubble drawn in white chalk. The scene is dimly lit, with the chalkboard being the primary light source.

.....

I have felt lost at times and question if I'm pursuing the right career. I also feel that I lack confidence and clarity in where I'm headed.

.....

Student Voices

3

"I want to find the vigour back and reach my potential to give back to not just myself but to the community as well."

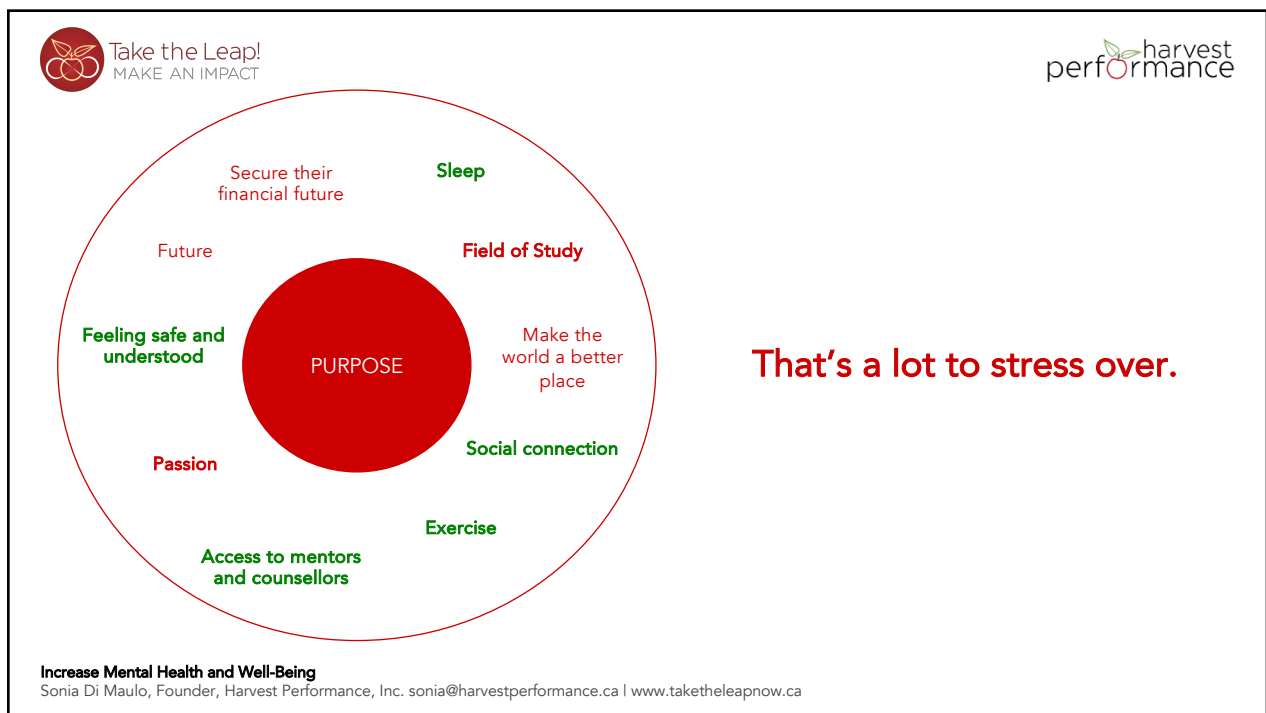
STUDENT VOICES

A field of red poppies in full bloom, with green stems and leaves. The flowers are scattered across the field, and the background is a soft, out-of-focus landscape.

4



5



6



The World's First Positive University

"To foster students' discovery of their life's purpose and the skills to fulfill it."

"We will prepare people to flourish, have a purpose in life, and develop the competencies to achieve that purpose in order to benefit the world."



Innovación con propósito de vida.

Innovation with a life purpose

Increase Mental Health and Well-Being

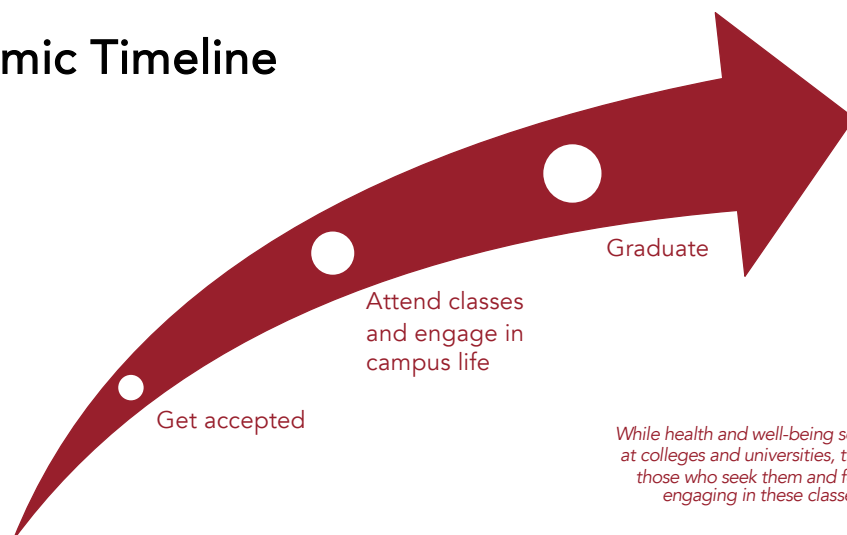
Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

4

7



Academic Timeline



While health and well-being services are abundant at colleges and universities, they are available for those who seek them and feel comfortable in engaging in these classes and services

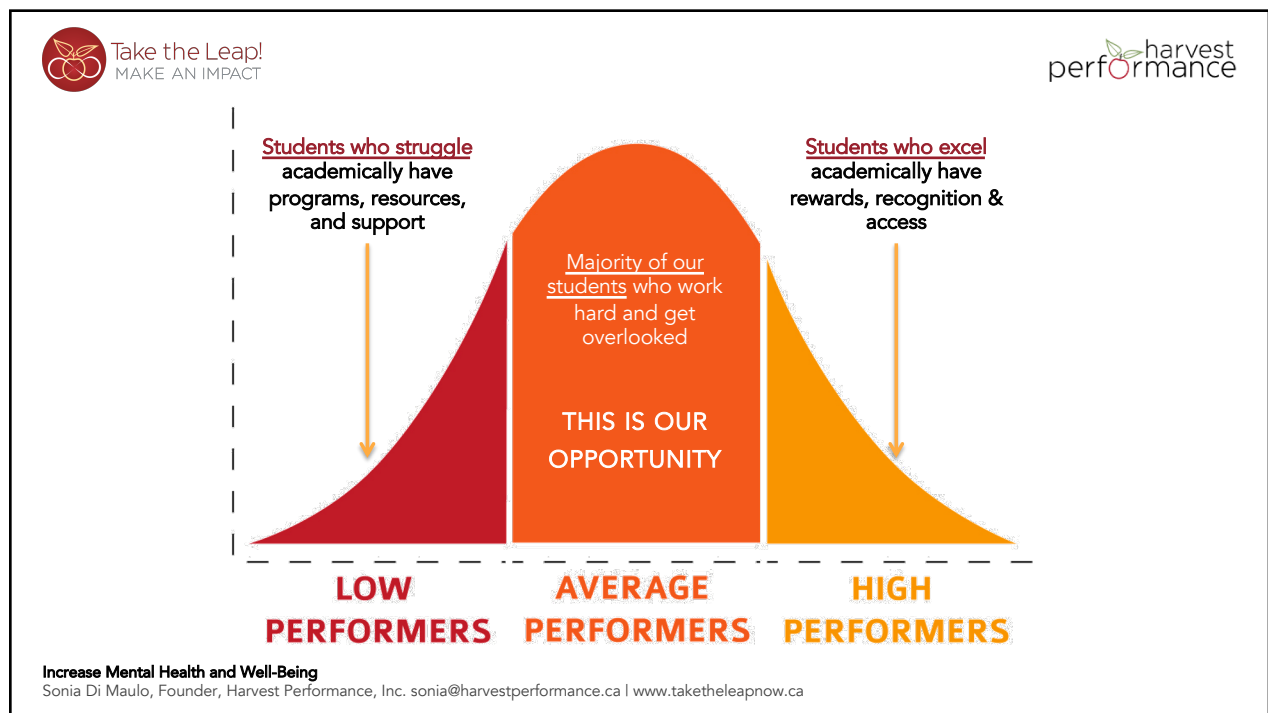
Increase Mental Health and Well-Being

Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

8

CLASS SCHEDULE						SCHEDULE START 8:00 AM	TIME INTER 15 MI
TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRI	
8:00 AM							
8:15 AM		MTH-113		MTH-113		MTH-	
8:30 AM							
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM							
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM			HPE-295		HPE-295		
11:15 AM							
11:30 AM							

9



10



Take the Leap!
MAKE AN IMPACT



"The Apple in the Orchard" by Sonia Di Maulo is a lovely little book with a profound message: To pursue greatness, aspiring leaders sometimes must dare to leave the familiar. Opportunities for growth and learning are all around you—so take the leap, and grow!"

Ken Blanchard | Coauthor of The One Minute Manager® and Great Leaders Grow

BUY THE BOOK

READ THE REVIEWS

SPREAD HOPE, BUY BULK





Increase Mental Health and Well-Being
Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

11



Take the Leap!
MAKE AN IMPACT







Increase Mental Health and Well-Being
Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

12



Take the Leap!
MAKE AN IMPACT





GOOD HEALTH AND WELL BEING

How can our educational institutions contribute to the good health and well-being of our citizens?



QUALITY EDUCATION

How can we continue to focus on quality education with the whole person in the center, a quality education that connects and balances well-being, character and academics



DECENT WORK AND ECONOMIC GROWTH

How can we support all members of the educational community and the educational institution (itself) to benefit from decent work and economic growth



SUSTAINABLE CITIES AND COMMUNITIES

And how can our work continue to impact sustainable cities and communities by supporting the emerging leaders of the future?




Increase Mental Health and Well-Being
Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca


13




Take the Leap!
MAKE AN IMPACT



Why me?



2018 Engaged Scholar Award, Concordia University



2014 Winning Student Team, Case Competition

Part-Time Faculty, Alumni, Parent, Advisor, Advocate

Increase Mental Health and Well-Being
Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

14



Take the Leap!
MAKE AN IMPACT



harvest
performance




Take the Leap!

MAKE AN IMPACT


1045+ people have been introduced to Take the Leap! since March 2019

Increase Mental Health and Well-Being
Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

15




Take the Leap!
MAKE AN IMPACT



harvest
performance

Fall/Spring 2020-21, 3 Pilots – 90 students, staff & faculty



JOIN US


Delivering an Award-Winning Program that Helps Emerging Leaders Prosper since 2019

Now available online at Concordia University

GAIN RESILIENCE, CLARITY & ENGAGEMENT in less than 30-min a week

APPLY


(no fees to pay, not on transcript, and stress-free)



AWARD OF EXCELLENCE®

International Society for Performance Improvement

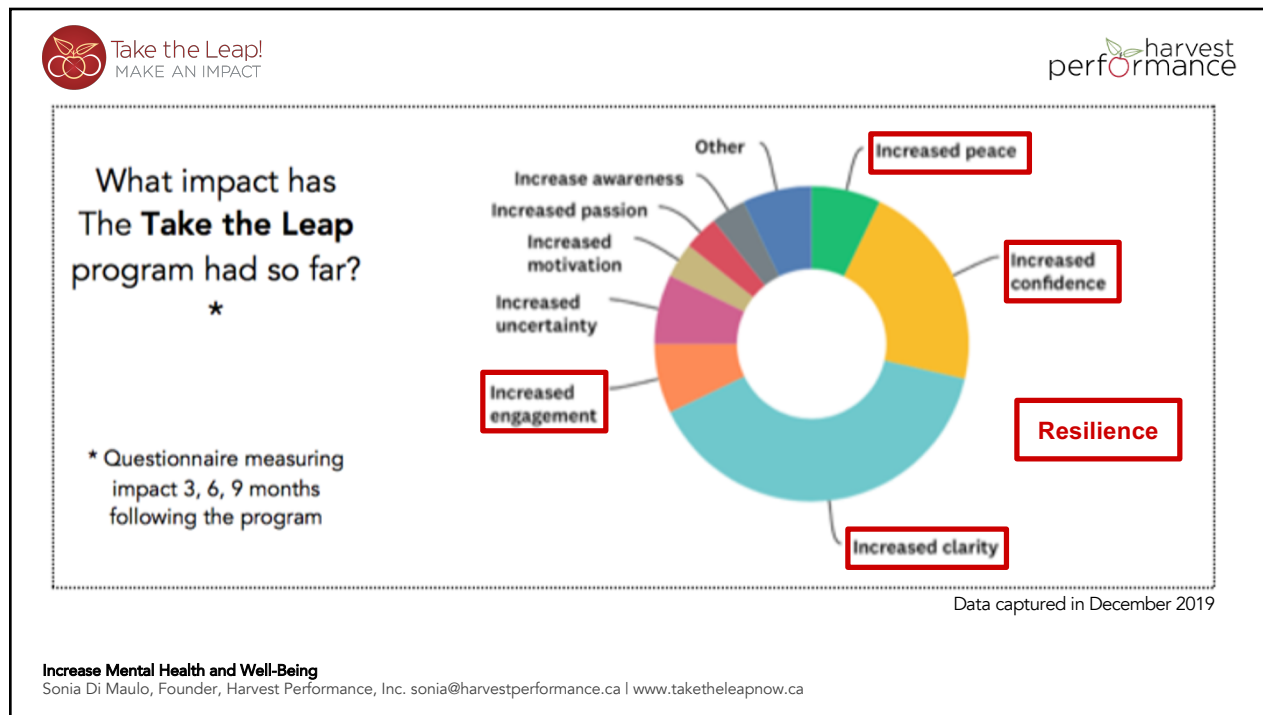
2020 Outstanding Human Performance Intervention



UNIVERSITÉ
Concordia
UNIVERSITY

Increase Mental Health and Well-Being
Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

16



17

Take the Leap! MAKE AN IMPACT

harvest performance

Building a community of like-minded people does not necessarily mean building a community of people just like you. Mixing students and professionals from different areas was an added plus. We were all there for the same reason but, we understood and interpreted things from our viewpoint. To be able to share and hear others opened up my horizons and widened my understanding.

It was important for me to discover that goals can be planned, so do dreams and so does my legacy. The program gave me tools and a strategic way of perceiving the legacy I want to build along my life and leave even beyond it.

I think it's a great, simple, straight-forward program. I've recommended and shown some of these exercises and methods to friends and it has been fruitful for them.

I was able to put into one statement my intention for the year and larger purpose of my why.

I found that some things made more sense once I used them and applied them regularly in my daily practice/routine. The writing and creative aspects were most helpful/useful to me.

I believe that the objective of this course was to find and hear our own voice through practice and guided activities. It can also help build the confidence needed to then follow our voice. How much each person gets out of this course depends on how much they put in and where they are at presently in their mindset. That being said, I felt that there was something for everyone because the activities were well thought out and allowed quite a bit of flexibility on how to do them.

Increase Mental Health and Well-Being
Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

18



What a student had to say...

"Before I attended the program I was not very sure that I chose the right path for myself or not and to be frank I was not quite happy about it. As a graduate student, I had some successful moments but I also had so many unsuccessful attempts that didn't let me see the glory of my path. Your program helped me to identify my core values and I started to embrace them. I started to have more confidence and it helped me to believe in myself even more... to fight for my dreams while having peace in my mind and heart."

Increase Mental Health and Well-Being

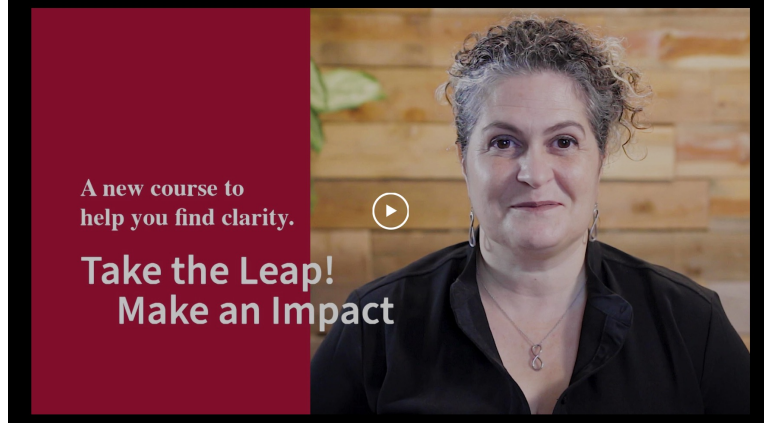
Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

19



Application and Video Invitation

LOOKING FOR CLARITY?



www.taketheleapnow.ca
www.theleap.ca

Increase Mental Health and Well-Being

Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

20



About Take the Leap!

This first-of-its-kind curriculum supplements any program of study for students at every level. Take the Leap! brings balance: mix of academics, well-being and character development.

Our goal is to engage students to complete the program with a living legacy plan that reflects a deep vision grounded in meaning and purpose.

By the end of the program, students will be able to use the growth framework to:

- Acquire self-assessment skills which lead to purpose-focused decisions
- Enhance clarity, engagement, and resilience in navigating life choices
- Apply purpose-grounded choices in 95% of decisions when uncertainty occurs.

Increase Mental Health and Well-Being

Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

21



PROGRAM EXPERIENCE

+ This mind map visually organizes the learning elements available in the Take the Leap! Make an Impact program.

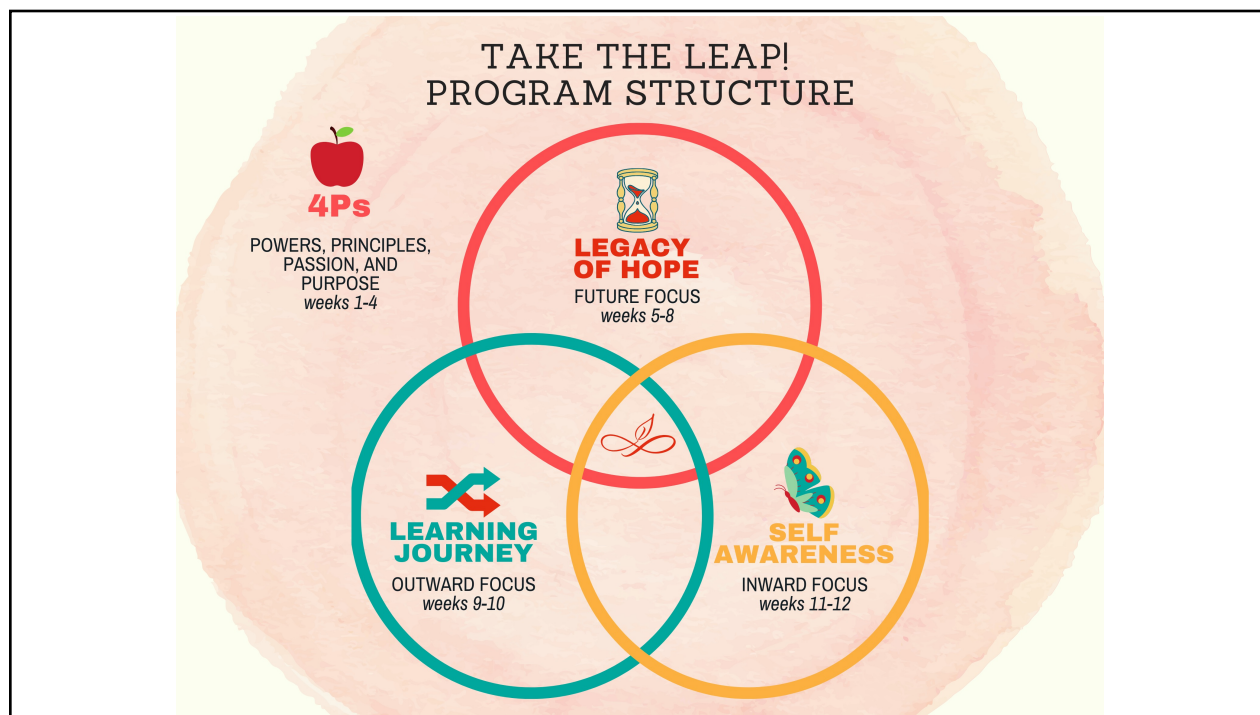
This award-winning program is a first-of-its-kind curriculum that supplements any program for emerging leaders at every level. Take the Leap! brings balance: mix of academics, well-being and character development.

Over the 12-weeks our goal is to engage emerging leaders to complete the program with a living legacy plan that reflects a deep vision grounded in meaning and purpose.



Take the Leap! Program Mapping by Sonia Di Maulo | www.theleap.ca

22



23

 Take the Leap!
MAKE AN IMPACT

 harvest
performance

 UNIVERSITÉ
Concordia
UNIVERSITY

**VANIER**
CÉGEP / COLLEGE


**Carleton**
UNIVERSITY
Canada's Capital University

**Queen's**
UNIVERSITY


**UNIVERSIDAD
TECMILENIO®**
Innovación con propósito de vida.

Increase Mental Health and Well-Being
Sonia Di Maulo, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

24



Take the Leap!
MAKE AN IMPACT



Proposed Plan & Investment

Opportunity for 2 post-secondary schools to launch a Take the Leap! Pilot

1 SEMESTER PILOT	POST PILOT
Plan, Facilitate and Lead Program	Based on results, the program adapts and continues
Delivered as-in through Moodle	Adjust design as needed
Data Collection Plan & Evaluation	Train internal staff/faculty to lead/mentor
Proven student application process	Integrate program philosophy into selected Faculties, campus-wide
Target 100 students (faculty, staff)	

Increase Mental Health and Well-Being
Sonia Di Mauro, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

25



Take the Leap!
MAKE AN IMPACT



DEADLINE TO
APPLY

JUNE 30 2021

Increase Mental Health and Well-Being
Sonia Di Mauro, Founder, Harvest Performance, Inc. sonia@harvestperformance.ca | www.taketheleapnow.ca

26