

ASSIGNMENT

Program Prep

Welcome to the preparatory assignment to the Parkour LEADs Program. This exercise is to have you reflect on your past before we dive into our coursework. This exercise may take a few hours to complete; there is no rush.

Exercise 01

Divide your life into four different time periods ('Chapters'). You have complete freedom in deciding how short or long each 'chapter' is. Please label each time period.

Exercise 02

Identify a minimum of two significant experiences for each time period (You can have more than two). Describe how each of the experiences has shaped the person you are today.

Reminders

Online Class Information:

Parkour LEADs

Set a regular schedule to complete the coursework. We suggest 60-90 minutes every 4-7 days.

If you have any questions, please contact me at alan@ensomovement.com