



POP Academy Mentor Training Workbook

Pathway to Planetary Leadership

Session 1: Foundations of the POP Movement - Orientation & Welcome

Session Objective: Understand the vision, mission, and values of the POP Movement and the mentor's role in driving youth-led climate action.

Expected Outcome: Trainees will articulate the core purpose of POP and their role as mentors.


Exercise: Write your personal 'Why POP?' statement in 100 words. Reflect on what motivates you to protect our planet.

Session 2: Legacy of Dr. R.K. Pachauri - A Vision Beyond Generations

Session Objective: Learn about the life, vision, and leadership of Dr. R.K. Pachauri and how his philosophy guides POP mentors today.

Expected Outcome: Trainees will be able to connect Dr. Pachauri's legacy with their role as changemakers.

Exercise: List three leadership qualities you admire in Dr. Pachauri. How will you embody these as a mentor?




Session 3: The Role of a POP Mentor - More Than a Guide

Session Objective: Define the role of a POP Mentor as a catalyst, motivator, and peer leader.

Expected Outcome: Trainees will understand how to mentor with empathy, empowerment, and active engagement.

Exercise: Describe a situation where you helped or could help someone find their solution instead of giving them the answer. How does this reflect the values of POP mentorship?




Session 4: Designing Youth-Led Projects with the Youth CAN Model - Climate Action Now

Session Objective: Learn how to guide mentees in identifying local challenges, designing solutions, and building climate action networks.

Expected Outcome: Trainees will draft a simple project idea following the Youth CAN framework.

Exercise: Identify a local environmental issue. Draft a basic action plan with these headings: Problem, Action, Collaborators, Expected Impact.




Session 5: Climate Storytelling - Turning Action into Influence

Session Objective: Develop skills in crafting compelling climate action stories that inspire broader audiences.

Expected Outcome: Trainees will be able to structure and share a project story using POP storytelling formats.

Exercise: Write a short story (200-300 words) of a project you've been part of (or imagine one) using the structure: Problem - Action - Impact.



Session 6: Impact Reporting - Turning Numbers into Narratives

Session Objective: Understand the importance of tracking impact and presenting data as part of an engaging narrative.

Expected Outcome: Trainees will practice logging participation, outcome, and outreach metrics.

Exercise: Use the template below to simulate impact reporting for a mock event:

Participants Involved: ____

Outcome (e.g., waste collected): ____

Outreach (social media views, mentions): ____

Narrative Summary (50 words): ____



Session 7: Recognition & Growth - From Trainee Mentor to Youth Mentor

Session Objective: Outline the mentor growth pathway and criteria for progression within POP.

Expected Outcome: Trainees will map their mentor growth plan.

Exercise: Draft your Mentor Growth Plan:

My goal for the next 3 months: ____

Initiatives I want to lead: ____

Number of mentees I aim to support: ____

Session 8: Beyond Mentorship - Becoming a Global Climate Leader

Session Objective: Explore pathways for scaling impact and engaging in global climate leadership beyond mentorship.

Expected Outcome: Trainees will identify opportunities for representing POP at larger platforms and collaborations.

Exercise: List two local initiatives you can scale regionally or globally. How will you share their stories to inspire others?

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