



1. Introduction
2. Learning objectives
3. Types of training event
4. What do you get when you book a training event?
5. What are the benefits to educators and students?
6. Training feedback

1. Introduction

All of our self leadership programmes are delivered in line with our mission to improve the life success of young people. We have a broad curriculum of learning objectives which are trained explicitly through a range of personal development activities, life coaching, interactive talks, workshops, simulated activities and team games. Our training methodology allows students to immerse themselves in the learning and really experience their soft skills at work.

2. Learning objectives

Self leadership is all about having the life skills, knowledge, attitudes and motivation needed for success. These attributes lead to effective study, securing a career and forming stable interpersonal relationships. When individuals learn to lead themselves and achieve goals then they are ready to lead others in larger teams and become part of a growing and developing community. Our courses will always prioritise self development before encouraging young people to take on the responsibility of leading others.

Each of our programmes is delivered on a bespoke basis according to the needs of each group of students. This means that not all learning objectives are covered on every programme. The learning objectives we currently cover improve and develop students':

- ✓ Self esteem and self confidence
- ✓ Resilience when facing challenges
- ✓ Self motivation techniques
- ✓ Ability to set goals and achieve them via planning
- ✓ Knowledge of effective leadership skills and styles
- ✓ Awareness of their own and others personality traits
- ✓ Effective teamwork skills
- ✓ Communication and presentation skills with a range of audiences
- ✓ Interpersonal skills and rapport building
- ✓ Time management skills
- ✓ Non verbal communication / body language
- ✓ Confidence in taking calculated risks
- ✓ Ability to communicate and negotiate effectively in a conflict situation
- ✓ Creative and flexible problem solving
- ✓ Active listening skills
- ✓ Assertiveness
- ✓ Ability to revise for exams

3. Types of Training Event

It is important that our course fits the needs of your students entirely. Some young people need training on how to confidently communicate in public whilst others need support to step back and actively listen to the ideas in the group. The variation between individuals and groups is immense and that's why no two programmes look exactly the same.

When you meet with our team, your programme or course co-ordinator will help you build your bespoke curriculum based on the needs of your students, length of course and number of participants.

Our courses are delivered both on weekends and mid week. We normally book events in full day or half day blocks. The exact hours are negotiable but as a guide we usually say that:

Full days = 7 hours (including an hour for lunch and two comfort breaks)

Half days = 3 hours (including a comfort break)

Self Leadership Programme

A full training programme will cover all of the learning objectives stated above over the course of many sessions. Booking three full days or six half days is enough time to develop a good understanding of each skill. However, longer programmes can address each leadership skill in more depth. Shorter programmes could leave out particular objectives or provide the basics in some areas.

Full programmes are designed to immerse students in the mindset of self leadership over a prolonged period for a long lasting change in mindset, attitude and skill set. These events have the biggest impact on self esteem and confidence as students get the opportunity to build on their skills from the foundation upwards – receiving expert training, mentoring and continuous feedback throughout.

Skills courses

Skills courses are used to cover a small group of related skills from our curriculum over the space of a day or two half days. These work best when there is a particular end result or common goal in mind. For example:

- Presentation skills course – self confidence, voice tone, non verbal communication, structuring a speech and building rapport with an audience.
- Exam success course – self motivation, setting goals, time management and revision tips.
- Interview techniques course – self confidence, communication skills, rapport building and understanding of personality types.

These are just a few examples. If you have an end product that you want to prepare your students for then please speak to our team about the range of bespoke short courses we can provide you with.

Skills workshops

Workshops are designed to focus on one or two concrete skills over a half day training session. This is ideal as a one off event or a 'taster' for future activities. For example; start your academic year with a workshop in team building, prepare your students for enterprise days with a workshop in creative problem solving. Skills workshops can cover a small number of different skills or be used to look at multiple tools and techniques for a particular skill, such as a bank of various time management tools.

4. What do you get when you book a course?

When you buy into one of our leadership training events we ensure that you get a high quality service that is bursting with value for you and your students.

Education providers get:

- A dedicated member of our staff to liaise with before, during and after your event.
- An introductory discussion of your students' needs in order to plan your bespoke training.
- Optional taster talks and presentations before your students register. (For the Self Leadership Programme only)
- A curriculum of tried and tested leadership training delivered by confident and experienced training staff.
- Continuous feedback throughout the training.
- Feedback and evaluations after the event. Courses and Programmes will have more in depth outcome reports.
- The option to have graduates of Courses and Programmes learn to be mentors for the next cohort of students.

Students and participants get:

- An introduction to the training that sets out clear expectations and outcomes.
- A professional, engaging and active leadership training event.
- A range of discussions, games, workshops and role plays designed to improve their skills, knowledge and attitudes.
- Mentoring from a team of experienced and expert leadership trainers, all from a range of career backgrounds.
- Continuous feedback on their skill development and performance.
- A graded certificate to mark their graduation. (Programmes and Courses only.)
- The option to volunteer as a mentor for other students (comes with additional free training).

5. What are the benefits to educators and students?

The reason our training events are so effective is that they come with a wide range of benefits for students as well as the education providers who book the events.

Benefits for education providers:

- ✓ Students are equipped with a wide range of life skills and employability skills that may not be fully addressed or explicitly trained in the standard curriculum.
- ✓ We do the legwork – our expertise in training soft skills allows your tutors and lecturers to focus their time on their specialist subject areas.
- ✓ Building students' skills and confidence helps them attain higher in their studies, get into further education and secure employment. This improves progression rates.
- ✓ Students have a clearer vision of their future and life goals. This helps them to engage in career planning and increases their motivation to do well in their studies.
- ✓ An increase in confidence and self esteem will make students more likely to use their voice. This may be speaking up in class, giving presentations or taking on student rep/council roles.
- ✓ Participation in group activities and mentoring gives your students a sense of citizenship that will allow them to be role models and leaders within your community, building peer support in your learning environment.

Benefits for students and participants:

- ✓ An expanded repertoire of employability, enterprise and life skills.
- ✓ Improved self confidence from having these skills.
- ✓ A better understanding of themselves and others helps them listen and to communicate more effectively in groups.
- ✓ A clearer vision of their future studies, career path and personal goals.
- ✓ An improved ability to communicate their ideas and goals to others – including future employers in interview situations.
- ✓ A better understanding of the learning process (meta-learning) which they can apply to new skills and tasks.
- ✓ Optional mentoring means students can develop social responsibility, citizenship and volunteering experience to become a leader in their own community.

6. Training feedback

We greatly value the feedback we receive at our events as it provides a snapshot of our ethos and the way we work. Here are what some satisfied clients had to say:

“This changes you as a person and your outlook on life for the better.” – *Ryan Pickersgill, College Student*

“The majority of our group completed their Self Leadership Initiative course, which I was pleased we had the opportunity to offer to our learners here at Peaks College. I can see that this programme has given many of the participants increased self esteem and confidence. It is a challenging experience for the learners and enables and empowers their growth as young learners - but it delivers this in a non threatening environment thanks to Gemma and her team.” – *Julie Brogden, Pro Tutor at Peaks College.*

“This is a great course for developing self confidence and having constructive fun.” – *Rebecca Sampson, College Student*

“This was a really enjoyable way to learn and it will definitely help me with my future careers.” – *Luke Golland, College Student*

“Taking part in this programme, I experienced first-hand the benefits of becoming more self-aware and developing effective interpersonal skills. In a highly energetic environment of like-minded people, the course adopted a very engaging and creative approach to provide people with the knowledge and skills to become more adaptable, more assertive and more productive. The Self Leadership Initiative shows individuals how they can achieve their potential by applying these techniques to every aspect of their lives.” – *James Cribb, Young Professional Participant*

In order to book a course at your college or sixth form please contact a member of our team so that we can understand the needs of your students, group sizes and length of event. We are always happy to discuss bespoke courses.

www.SelfLeadershipInitiative.com
Contact@SelfLeadershipInitiative.com
0114 3211 872