

Skills for Leadership

Developing the skills essential for leadership, through an interactive curriculum. - £1800, 12 hours.

Objectives

Participants will:

- ✓ Understand models of learning to develop resilience during skill acquisition and problem solving
- ✓ Learn a psychological model of personality archetypes and how this relates to team work
- ✓ Practice negotiating and communicating during a number of team activities
- ✓ Know models of team dynamics that explain why teams may experience conflict
- ✓ Reflect on personal identity, especially in relation to meaningful life goals
- ✓ Practice a time management framework
- ✓ Understand proactive decision making
- ✓ Engage in self motivation techniques
- ✓ Learn and practice a model of confident body language
- ✓ Practice delivering short speeches and presentations, considering body language and voice tone



Great leaders know it is vital that they develop their own skill set before guiding others.

This immersive two day programme covers all of the essential skills for work, study and personal success.

This programme is ideal for:

- People aspiring to be leaders in their communities, study environment or work places.
- Improving interactions between individuals and teams.
- Developing skills that help people get more out of their day.
- Reflecting on personal identity, strengths and areas for improvement.
- People who enjoy self development opportunities.



What I particularly enjoyed about this programme was the new perspective I had gained on myself and others. These skills will be invaluable in my daily interactions and I am so glad that I came along. – **Clive Matthews, Research Assistant.**

This programme allows people to become more self aware, more assertive and so much more confident in achieving their goals. I would recommend this training to anyone interested in improving themselves or helping others to grow. I left this experience with techniques to improve myself, but also for improving my own training to help others. – **Rebecca Davies, Student Voice Manager.**



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