

THE SELF LEADERSHIP INITIATIVE

**Self development training to
empower young people**



Package Guide

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About Us

You must be the change you wish to see in the world. - Mahatma Gandhi.

Here at the Self Leadership Initiative, we strongly believe that being an effective leader is all about starting with the self. This means developing skills that help aspiring leaders to:

- set and meet goals efficiently
- express their vision clearly to others
- manage their interpersonal relationships effectively
- motivate themselves and others around them



What Do We Do?

We deliver training programmes, courses and workshops that develop essential soft skills.

Why Do We Do It?

We are passionate about helping young people become more effective in their daily lives. This means they will be better equipped to be the next leaders in their communities, workplaces and families.

How Do We Do It?

We take models from business, psychology, self-help and management and deliver them using interactive techniques. We use role plays, discussion, problem solving and practical learning to make our curriculum engaging and relevant.

Packages & Pricing

Workshops run over one to four hours and tend to be a fast paced skills boost in a particular area of learning.

Courses run over a full day of six hours. These tend to narrow down on a particular topic in lots of detail.

Programmes tend to run over a number of full days or a series of half days. This covers a variety of connected skills in a detailed and wide ranging curriculum.



Pricing

Our packages are priced at £150 per hour for up to 30 participants. This includes preparation time, handouts, resources and staffing. Prices may vary depending on venue and travel requirements. Events where individuals pay for their own places may have a different pricing structure.

Bespoke Packages

All of our training events can be tailored to your specific aims and objectives to ensure participants get the most out of the session. We are also happy to deliver completely bespoke workshops, courses and keynote speeches. Please contact our team to discuss your needs.

Examples include:

- Employability skills for young people
- Women in leadership
- Young enterprise skills

Networking Effectively Workshop

Building constructive relationships.

Objectives

Participants will:

- ✓ Understand and develop active listening skills
- ✓ Raise awareness of non-verbal communication
- ✓ Ask constructive questions to get the most out of conversations
- ✓ Respond to verbal and non verbal feedback appropriately
- ✓ Apply the skills in networking activities

This workshop focuses on the crux of good networking; how you make the other person feel.

Participants will practice seeking to understand others before making their own points in order to develop more meaningful relationships.



This workshop is ideal for:

- Preparing for corporate networking and careers fairs.
- Developing confidence when meeting new people.
- People interested in public facing careers.

This session made me think about listening to understand, do not listen to respond. I liked that it was inclusive, open and interactive. I will use the advice on how to break into a networking clique. – **Stuart Allen, Business Development Executive.**

Time Management Workshop

Making time for your work life balance.

Objectives

Participants will:

- ✓ Explore identity and how it relates to current goals
- ✓ Recognise why some goals seem to never be achieved
- ✓ Find discrepancies between goals and current productivity levels
- ✓ Use a model for managing time
- ✓ Set effective goals for the week ahead to practice the skills



Getting the most out of the working day is about so much more than the hours spent on tasks. To truly manage time effectively people must understand their lifestyle as a whole.

Our guided reflection will help participants balance all areas to help them fulfil their full potential.

This workshop is ideal for:

- Having a more productive working week.
- Managing deadlines in work and study.
- Exploring a better work life balance.

I enjoyed using the time management matrix to organise tasks – I will get my nails done! – **G. Smales, Deputy Head Teacher.**

Problem Solving Skills Workshop

Developing effective strategies for approaching tasks.

Objectives

Participants will:

- ✓ Reflect on different general approaches to solving problems
- ✓ Identify their own natural approach, its strengths and weaknesses
- ✓ Implement a structured approach to practical problem solving exercises
- ✓ Use feedback to improve their approach

Participants will explore their techniques for solving problems, including resilience, both individually and in groups.

By considering the rules of the problem, strategy adjustments and continuous feedback they will be able to take a more focused approach to difficult tasks.

This workshop is ideal for:

- Encouraging structured creative thinking.
- Developing resilience.
- Individuals who work with a rapidly changing goals and markets.

What the workshop does brilliantly is utilise various group activities to bring out the strength in people and ensure considerable growth in leadership skills. – **Sam Mallet, Student Blogger.**



Models of Team Dynamics Workshop

Analyse and improve the way teams function.

Objectives

Participants will:

- ✓ Understand two different models of team dynamics.
- ✓ Analyse their natural role in a team along with its strengths and weaknesses
- ✓ Explore why teams may get stuck or experience conflict.
- ✓ Practice negotiating and communicating during a number of team activities

Our workshop jumps straight in by getting participants to engage in team tasks and then analyse their role according to the models.

This allows them to explore new roles, new ways of communicating and how to respond when teams experience barriers.



This workshop is ideal for:

- Developing more efficiency in work teams.
- Gaining a broader range of communication styles in a group.
- Supervisors and managers who lead teams.

It was fun and very insightful to see how people react and why. I think I have a better sense of self now and knowing more about my character will help in many ways. – **Emily B., Student Assembly.**

Personality In Teams Workshop

Understanding how to make the most out of your team members.

Objectives

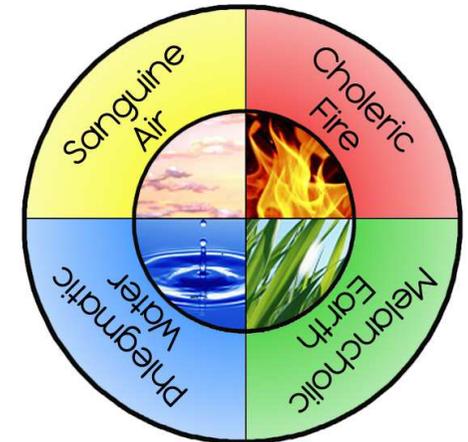
Participants will:

- ✓ Understand a psychological model of personality archetypes
- ✓ Reflect on how personality archetypes influence team behaviour
- ✓ Analyse their typical role within a team and what skills and traits they contribute
- ✓ Reflect on how to be a more effective team member in their workplace teams

By analysing role plays participants will explore a four type model of personality which can be quickly put to use in group work. Understanding how different types are motivated, strive for goals and tackle challenges allows for more harmonious team interactions.

This workshop is ideal for:

- Developing greater empathy and understanding in existing teams.
- Building rapport more quickly in networking and interview situations.
- Exploring natural behaviour habits and how they may be perceived by others.



The course really helped me with dealing with family and friends and understanding others' opinions. – **Jessica Prior, College Student.**

Goals and Motivation Workshop

Achieve more with your week.

Objectives

Participants will:

- ✓ Set a range of holistic long term and short term goals
- ✓ Understand the process of setting smart goals
- ✓ Use NLP and language techniques to frame goals in a motivating way
- ✓ Learn a model of self motivation to enhance performance

Goal setting can sometimes seem arbitrary or daunting, especially if they are only work / study related. Participants will explore ways of setting varied goals to stay motivated.

Next, the group will learn about motivational styles and how to manually adjust thought patterns in order to perform at their best.

This workshop is ideal for:

- Improving the chance of sticking to your New Years Resolutions and change goals.
- People who facilitate change in others; coaches, mentors, teachers.
- Increasing motivation to achieve positive changes.



The workshop was insightful, exciting and productive in understanding myself and my working style. It was an investment in myself. – **Hayley Adams, Digital Media Marketer.**

Changing Behaviours Workshop

Achieve goals effectively with the right type of change.

Objectives

Participants will:

- ✓ Learn a four type model for categorising types of behavioural change
- ✓ Explore the features of the different types of behaviour
- ✓ Understand the strategies for achieving different types of change
- ✓ Set specific, structured goals to achieve your overall change



Not all goals require the same sort of behaviour. By understanding the four different types of change participants will be able to plan better strategies for meeting their goals and resisting the urge to give up.

This workshop is ideal for:

- Improving the chance of sticking to your New Years Resolutions and change goals.
- People who facilitate change in others; coaches, mentors, teachers.
- Increasing motivation to achieve positive changes.

Life changing and a must to take part in for your overall development. – **Anya Pratt, Fashion Designer.**

Public Speaking Workshop

Using body language and voice tone to get your message across.

Objectives

Participants will:

- ✓ Understand that all communication is made up of words, body language and voice tone
- ✓ Learn and practice models of body language and voice tone
- ✓ Develop confidence through a range of public speaking activities
- ✓ Use the techniques from the workshop to deliver a short presentation to the group

Our workshop makes participants feel more confident by showing them how to use body language and tone of voice to their advantage.

Participants get to analyse how they want their message to be received and work backwards from there.



This workshop is ideal for:

- Boosting confidence when speaking in front of others.
- Developing the skills needed for job interviews, presentations, research vivas and public speaking events.
- People interested in public facing careers such as sales, teaching, customer service, media etc.

Practicing my tone of voice and different behaviours was useful as it will help with characters in my drama performances. – **Charlotte Bingham, Drama Student.**

Sales and Persuasion Workshop

Using story telling to connect with your audience.

Objectives

Participants will:

- ✓ Understand how people are persuaded
- ✓ Know the difference between features and benefits
- ✓ Explore a model for persuasive story telling
- ✓ Practice a 'pitch' and gain feedback



Whether you are selling yourself, a product or an idea, the same basic skills are required. Participants will learn to empathise with their audience in order connect with their desires and needs.

These skills will be put together at the end in short persuasive role plays where participants can gain constructive feedback.

This workshop is ideal for:

- Young people interested in sales and marketing.
- Preparing to 'sell yourself' in an interview context.
- People working in advocacy, debating, politics or proposal writing.

Even though I don't like doing presentations, I found it very useful. I will use the body language tips, features and benefits and the idea of telling a story. – **Evelyn Wright, Craft Producer**

Facilitating Groups Workshop

Managing behaviour and engaging all learners.

Objectives

Participants will:

- ✓ Understand and learn coaching and facilitation techniques; active listening, questioning, summarising, paraphrasing
- ✓ Understand the importance of befriending and setting ground rules
- ✓ Learn models of group and individual behaviour
- ✓ Explore strategies for tackling anti-task behaviour
- ✓ Practice facilitating group tasks



Groups come with a complex set of dynamics that can either work to engage them in a task or distract them from their purpose. By learning how to hear the voices of all learners, recognise anti-task and use positive management strategies, participants will gain confidence in their ability to facilitate group work.

This workshop is ideal for:

- People working with group learners such as teachers and youth workers.
- People who want to improve their ability to manage meetings and group discussions.

I had the chance to think about how to deal with difficult situations, challenging behaviours and how I can approach students better. – **Kamila Bashir, Student Trainer.**

Pacing in Groups Workshop

Planning sessions and understanding energy levels.

Objectives

Participants will:

- ✓ Understand what is meant by the term pacing
- ✓ Learn types of activity that change the energy levels in the room and shape a session
- ✓ Plan group sessions that maintain engagement
- ✓ Practice delivering pacing exercises for groups

To engage learners effectively they must feel they are learning at a rate that matches where they are. Participants will explore ice breakers, warm ups, cool downs and reflective exercises that can be used to bring the whole group on board during a session.



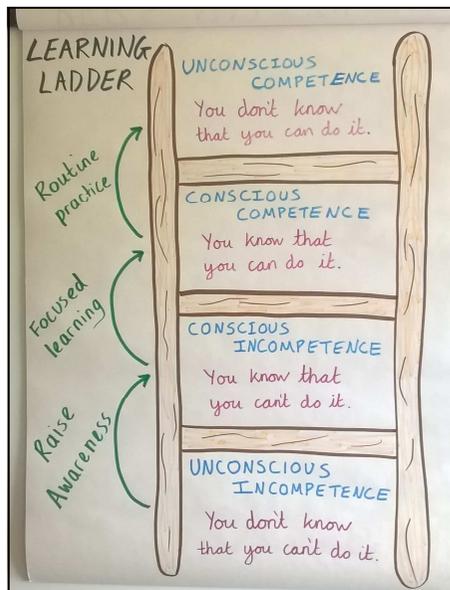
This workshop is ideal for:

- People working with group learners such as teachers and youth workers.
- Trainers looking to expand their range of pacing activities.

I will definitely use the session planning part to help me order my training and activities. – **John Holt, Student Trainer.**

Learning About Learning Workshop

Develop the attitudes of a resilient learner.



Objectives

Participants will:

- ✓ Explore three models of learning; skill acquisition, learning styles and mindset
- ✓ Reflect on their own approaches to learning and resilience
- ✓ Apply the frameworks to tasks in order to establish their learning style
- ✓ Set goals for improving their approach to learning

Metalearning is the process of learning about how humans learn. Understanding the brain's plasticity is not only fascinating but also motivates people to overcome challenges in the learning process.

This workshop is ideal for:

- Students looking to improve their motivation and approach to studying.
- Teachers and educators who want to develop healthy learning styles in students.
- Anyone interested in boosting their resilience in learning.

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

Gratitude for Wellbeing Workshop

Enhance the positivity in your day.

Objectives

Participants will:

- ✓ Understand what is meant by practicing gratitude
- ✓ Briefly discuss research findings on practicing gratitude and mood
- ✓ Explore personal sources of gratitude
- ✓ Begin a basic gratitude journal

“Be happy with what you have while working for what you want.”
- **Helen Keller.**



Actively reflecting on daily things and people who help you feel wonder, joy, love, hope and gratitude is known to boost mood. By exploring gratitude practices in a safe space participants will be motivated to continue these wellbeing practices at home.

This workshop is ideal for:

- Anyone wanting to boost their daily mood.
- Those interested in practicing mindfulness.

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

Living an Effective Life Course

Develop positive habits to get more out of your professional and personal life.

Objectives

Participants will:

- ✓ Understand proactive decision making
- ✓ Reflect on personal identity
- ✓ Set meaningful work and life goals
- ✓ Engage in self motivation techniques
- ✓ Practice a time management framework
- ✓ Understand the win-win mindset
- ✓ Reflect on and develop their role within teams
- ✓ Engage in team problem solving
- ✓ Practice active listening
- ✓ Develop their communication strategies
- ✓ Understand strategies for creating new behaviours and habits.



On this course participants will engage in structured reflection to discover themselves and explore their ambitions.

This will feed into interactive models of goal setting, time management and self motivation to ensure that participants push themselves to their full potential.

Participants will then apply their learning to team problem solving in order to draw out effective communication strategies.

This course is ideal for:

- Teams who want to meet their objectives more efficiently.
- People who want to start a new job or course with an extra boost.
- Busy people who are looking for work life balance.
- Aspiring leaders who want to set the best example
- Anyone interested in self development.



It really makes you think and reflect on yourself. It makes you think about who you want to be, who you are and sets you up on your way to taking action and becoming a self leader. – **Arshad Mozumder, Medical Student.**

I can see that this course has given many of the participants increased self esteem and confidence. It is a challenging experience that enables and empowers student's 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.**

I feel more in touch with who I am and where I'm going. I now know what to do when I feel stuck on decisions. – **Laura Noble, Digital Artist**



Team Building Course

Using professional models to develop effective teams.

Objectives

Participants will:

- ✓ Understand a psychological model of personality archetypes
- ✓ Reflect on how personality archetypes influence behaviour in teams
- ✓ Analyse their typical role within a team and what skills and traits they contribute
- ✓ Reflect on how teams cope with challenges and problem solving tasks
- ✓ Know models of team dynamics that explain why teams may experience conflict
- ✓ Practice negotiating and communicating during a number of team activities
- ✓ Reflect on how to be a more effective team member in their workplace teams

This course puts teamwork under the microscope by getting participants to analyse the team's strengths, areas for improvement and what the individual members bring to the team.



Psychological and business models are used to help explain the dynamics of teams in flow and conflict.

Participants will use this new understanding to try new roles, new ways of communicating and develop models of more effective practice.

This course is ideal for:

- Making strong foundations in newly formed teams.
- Teams who want to improve their rate of flow and meet their objectives more efficiently.
- Teams who want to reduce low level conflicts.
- Individuals who want to help their team's achieve more.
- Managers and supervisors who want to understand their teams.



The course was very good for developing self confidence. It was good to understand the dynamics happening in a team. – **Pierre Deleglise, Construction Labourer.**

I enjoyed the personality type exercise, especially working with similar personality types to me. I am going to listen more to other people, even if I don't agree. – **Wangu Mureithi, Black and Minority Ethnic Officer.**

I liked that it made you self assess and confront behaviour that might hinder you in future. I am going to be more aware of how I say things to others. – **Yohanna Sallberg, Student Assembly Chair.**



Preparing A Speech Course

Design, develop and deliver a high impact speech.

Objectives

Participants will:

- ✓ Learn a model for writing a persuasive speech
- ✓ Understand that all communication is made up of words, body language and voice tone
- ✓ Learn and practice a model of confident body language
- ✓ Explore how different voice tones effect the meaning of a message and practice using different tones for impact
- ✓ Learn a self motivation strategy for feeling confident when speaking in public
- ✓ Practice delivering speeches and presentations over the day, giving and receiving constructive feedback to refine their skills

Our course is designed to help participants think beyond the words on the page by immersing them in all aspects of writing a speech.



We will begin by helping participants structure their speech in a way that keeps the audience engaged throughout.

Once written, they will learn how to control their body language to build rapport with the audience and develop confidence.

Then participants will learn to alter their voice tone to ensure their message carries the right meaning.

This course is ideal for:

- Practicing for upcoming job interviews, presentations, research vivas and public speaking events.
- Individuals interested in debating, politics, sales, marketing and persuasive roles.
- Anyone wanting to be more confident when presenting their ideas to others.
- Individuals who want to be able to structure their ideas in a more compelling way.



This course was a fun way to build on a skill set that will be hugely useful in both my personal and work life. It's a dynamic and engaging approach which I'd recommend to anyone. – **Philippa Watts, Project Coordinator.**

Learning about public speaking was useful because I struggle with confidence. The way it was taught was great for me, a dyslexic. It's not just for academics. I loved the physical tasks and demonstrations. – **Sophie Coxon, Intern at lofC.**

Learning about presentation skills made me feel confident about myself and will be really useful in my job in the future. – **Matt Peacock, Technical Support.**



Coaching and Facilitation Skills Course

Using interpersonal skills to get the best out of groups.

This package is only offered on a bespoke basis as it is fully designed around the skills your group already have and the environment they will be working in.

Pricing will reflect the number of training hours required - please see the package overview for an indication.

This package is ideal for:

- Developing peer mentoring schemes or buddy systems.
- Individuals interested in youth work, teaching and sports coaching.
- People who handle group dynamics and need to be aware of behaviour management strategies.
- Team leaders who want to be less directive in the way they interact with their team.



Objectives and themes we can cover:

- ✓ Understanding friendship, befriending and boundaries
- ✓ Safeguarding procedures, handling disclosures, understanding abuse and recognising indicators of abuse (to be delivered in line with your organisation's policies)
- ✓ Using coaching techniques to allow group members to have ownership of their ideas and projects
- ✓ Understanding and practicing active listening
- ✓ Leading sessions - practical experience of delivering activities, talks and reviews
- ✓ Recognising group dynamics and challenging behaviour
- ✓ Positive behaviour management strategies
- ✓ Using verbal and non verbal communication to create presence when leading a group
- ✓ Session planning in order to effectively meet learning outcomes
- ✓ Using energisers, cool downs and reflective techniques to maintain engagement

Please speak to us about the type of role your participants are preparing for so that we can tailor make this experience for you, drawing skills from our other packages where appropriate.



Using a coaching approach meant we found ideas that the young people would have never come up if they had been directed. - **Workshop delegates from CATS Conference, 2016.**

Skills for Leadership Programme

Develop the skills essential for leadership, through an interactive curriculum.

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.**

The programme adopted an engaging and creative approach to provide people with the knowledge and skills to become more adaptable, more assertive and more productive. – **James Cribb, Assistant Psychologist.**

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.**





THE SELF LEADERSHIP INITIATIVE

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training to empower
young people**



There was a good mixture of active listening and tasks. I enjoyed that the groups were always changing. I am going to consider other personality types and how to work with them. – **Christina Franklin, Student Union Women's Officer.**

This training should be taught in every school in the country. – **Juliette Baldwin, Masters Student**

This was a fantastic few days where I feel like I've learned more about myself than before. It was an amazing journey of self discovery. – **Ammaar Rahim, Communications Officer.**



To find out more or book your training please get in touch with our team.



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