

## **Five-Day Comprehensive Course Outline: Foundational Leadership Training**

### **Day 1: Introduction to Leadership and Self-Awareness**

#### **Morning Session:**

Course Overview and Objectives

Introduction to the importance of early leadership training

Understanding leadership as the ability to guide, influence, and inspire

#### **Module 1: What is Leadership?**

Definition and roles of a leader

The impact of leadership in different areas: school, sports, and future careers

Introduction to the three major leadership styles: autocratic, democratic, and transformational

#### **Afternoon Session:**

#### **Module 2: Developing Self-Awareness**

Understanding personal strengths and weaknesses

Identifying core values and aligning them with leadership goals

Practical exercise: Leadership self-assessment and reflection activity

#### **Group Discussion:**

Share personal reflections and discuss the importance of self-awareness in leadership

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### **Day 2: Values-Based Decision-Making and Emotional Intelligence**

#### **Morning Session:**

#### **Module 3: Values-Based Decision-Making**

Making decisions based on personal and organizational values

How values guide ethical leadership and build trust

Case study: Examples of values-based decisions in real-life leadership

**Afternoon Session:**

**Module 4: Emotional Intelligence in Leadership**

Understanding emotional intelligence (EQ) and its importance for leaders

Components of EQ: self-regulation, empathy, and social skills

Practical exercise: Emotional intelligence assessment and role-playing scenarios

**Group Activity:**

Practice managing emotions in leadership situations through case studies

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**Day 3: Effective Communication and Accountability**

**Morning Session:**

**Module 5: Communication Skills for Leaders**

The importance of clear, respectful, and assertive communication

Verbal and non-verbal communication strategies

Active listening and constructive feedback techniques

Practical Exercise:

Communication role-playing: Practicing public speaking and group presentations

**Afternoon Session:**

**Module 6: Accountability in Leadership**

Understanding accountability and responsibility in leadership roles

Setting goals and delivering on commitments

Case study: The role of accountability in successful leadership

**Group Discussion:**

Reflecting on personal accountability and setting leadership goals for the future

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**Day 4: Inclusivity, Adaptability, and Teamwork****Morning Session:****Module 7: Inclusive Leadership**

The importance of diversity and inclusion in leadership

Creating an environment where everyone feels valued and heard

Case study: Leadership and inclusivity in diverse teams

**Afternoon Session:****Module 8: Adaptability and Flexibility**

How leaders must adapt to changing situations and challenges

Problem-solving and decision-making in unpredictable environments

Group exercise: Solving a real-world leadership challenge with limited resources

**Teamwork Activity:**

Collaborative group project where students practice inclusivity and adaptability

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**Day 5: Building Confidence, Resilience, and Future Leadership****Morning Session:****Module 9: Building Leadership Confidence**

How to overcome fear and develop confidence in leadership

Strategies for building self-confidence through practice and perseverance

Group activity: Leading a mock team and decision-making challenge

**Afternoon Session:**

**Module 10: Fostering Resilience and Developing Future Leaders**

How to bounce back from setbacks and challenges

Encouraging others and mentoring future leaders

Personal development plan: Creating a long-term leadership growth strategy

Final Group Activity:

Presenting personal leadership plans and group feedback

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**Course Wrap-Up:**

Summary of key leadership skills learned

Reflection on personal growth and development as a leader

**Certificate Ceremony:** Completion certificates awarded to participants

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This course outline incorporates practical exercises, group discussions, case studies, and role-playing to ensure students actively engage with the foundational leadership concepts and apply them to real-life situations.