

SOAR

Life Changing Adventures in Leadership

Course Overview

Session 1 - Self-Leadership Starts with Values	
Aim	This session explores who we are as individuals, our unique core values, and how those can inform our dreams and plans for the future.
Critical Concepts	Self-concept, core values, self-image, self-worth
Key Takeaway/Tool	Personal core-values
Session 2 - Self-Leadership Requires Self-Awareness	
Aim	In this session participants will learn about their personalities, decision making tendencies, and how this knowledge can be applied to their personal life goals and careers.
Critical Concepts	Making life and career choices that are in line with our natural tendencies and characteristics.
Key Takeaway/Tool	Personality and Tendencies Types with associated career options
Session 3- Self-Leadership Requires a Goal	
Aim	This session will give participants tools to use to set and achieve goals.
Critical Concepts	Goal setting and time-management.
Key Takeaway/Tool	SMART goal setting tool
Session 4 - Self-Leadership Puts Others First	
Aim	This session explores the leader's responsibility to care for the welfare of others.
Critical Concepts	Altruism, servant leadership
Key Takeaway/Tool	Boss vs Leader Card
Session 5 - Self-Leadership Requires a Healthy Leader	
Aim	This session will explore the importance of self-care and personal health.
Critical Concepts	The five aspects of holistic health: Physical, Mental, Emotional, Social, and Spiritual.
Key Takeaway/Tool	Wellness Keychain
Session 6 - Self-Leadership Requires Courage	
Aim	The final session challenges pupils not to shy away from difficulties in life.
Critical Concepts	Leaders must learn to face and overcome their fears.
Key Takeaway/Tool	Personal Declaration