

## **FUNDED PROJECT FOR SCHOOLS**

### **Leadership & Self-Management Skills Training**

### **Young Women (Academic Years 9,10 &11+)**

#### **Schools Information:**

**Themes:** Confidence & Resilience.

#### **A substantially funded 6 week project, with nationally recognised award.**

The programme includes effective practical skills training in emotional management and mindset (i.e. nerves / anxiety / stress), combined with physical activity and leadership training.

#### **Aim:**

Increase pupil's resilience to cope when faced with challenges and develop their skills and ability to achieve under pressure.

**Ideal for delivery to Year 9/10's in advance of them starting Year 11**

#### **Cost to Schools:**

**£120** All materials required for the project will be provided.

*(Note: School to provide the premises to use for the course and the delivery of the award assessment).*

*The total programme value per school is £1200.*

#### **Programme:**

- 6 hours of emotional stress management training  
*This can focus on Exam Stress Management and can be delivered on school timetable in 2x2hr sessions & 2hrs for the award support, or 2x3hr sessions before the award.*
- 6 weekly sessions of 1hr physical activity and leadership training  
*We can provide a coach for a number of different sporting activities including boxing, netball, football, street dance - ask if there is something else pupils would be interested in. Sessions have to be delivered off school timetable i.e. lunchtimes / after school / weekends / holidays.*
- Internal certification of participation and skills development for all participants.
- 6 hours (1 day) 'I Can Lead Award' assessment, with 10 funded places for the nationally recognised and certificated 'I Can Lead Award' ([www.sportsleaders.org](http://www.sportsleaders.org)).

#### **Delivery Dates:**

**Start: March 2017– Completion: June 2017.** Delivery dates are flexible, depending on staff availability. The emotional management training can commence immediately. The 6 week physical aspect of the project to start after 1<sup>st</sup> April 2017 and complete by the end of June 2017.

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#### **Project elements:**

##### **1) Leadership**

6 weeks leadership skills development through practice and application. Training is delivered through a weekly physical activity session of 1 hour duration that is delivered outside of the curriculum timetable (lunchtime or afterschool). The activities offered include street dance / boxing / fitness / football / basketball / yoga (activity is chosen by the schools/pupils).



The leadership skills development culminates in the completion of *I Can Lead Award*. This award is tutored over the 6 week period and assessed over either: 2 half day sessions or 1 full day. This may be a school day / Saturday or a Sunday / date during a school holiday. (The time is determined by the school).

Some of the recognised benefits of the Award include:

- Uses sport and physical activity to help 14-19s develop **key leadership skills and increase academic performance**.
- Is **fun and practical** with a focus on personal development and not just sporting ability.
- **Boosts academic performance** and helps 14-19s become more community-minded through volunteering opportunities.
- Culminates in an award that will be **recognised on your students' CVs**.  
(<http://www.sportsleaders.org/courses/awards/i-can-lead/introduction/benefits/>)



## 2) Self Management

Learning skills to assist with managing personal challenge through individual and group work tasks, practice and application of emotional regulation techniques. Training is delivered over 2 half days or 1 full day.

Participants are encouraged to practice the techniques throughout the 6 project when faced with challenges.

Some of the benefits of the training identified by previous participants and research include:

- It is **fun and practical** with a focus on personal development
- **Boosts individual's ability to recognise and change unhelpful thought / feeling / behaviour** and consider their response to challenges.
- **Increased individual resilience** when faced with stressful situations, such as exam anxiety and fear of failure.

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### Participants:

The project is for pupils aged 13+ and we offer the project to a minimum starting group of 12 participants and maximum of 16 participants. Those completing the accredited award have to be aged 14.

### Evaluation:

The project will be self-assessed by participants, and an evaluation report regarding pupil feedback can be provided to the school if this would be of benefit.

### Exit Strategy:

The project can lead to an after school project, which utilise the young women's skills and abilities.

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### Funding constraints:

The project is funded for young women only. Funding is secured for 10 participants to complete the *I Can Lead Award*. In the eventuality that more than 10 pupils wish to complete the Award there would be an additional cost for this of £20 per additional person for the additional participants that the school would have to fund.

### Safeguarding:

*We deliver this project in partnership with a sports/activity delivery partner who provide the specialist sports coaches and assessors. All of the staff appointed onto our projects, either through Enterprising Youth or our partner organisations are DBS checked and required to follow the Safeguarding Policy of the schools we work with. Schools staff are welcome to support sessions, or drop in sessions throughout the programme. Schools need to provide a copy of their Safeguarding Policy ahead of the start of the project delivery.*