



# Leadership Essentials

## Course overview

Ages:	16+	English level:	Intermediate B1+	Starting Dates:	1st Apr, 22nd Jul, 11th Nov 2024
Duration:	4 weeks	Academic info:	15 hours per week	Location:	London, Toronto, Dubai and Malta
				End of course certificate:	

## Course description

Unlock your leadership potential with our comprehensive four-week course. During the course, you will embark on a transformative journey towards becoming an exceptional leader while also enhancing your English language skills.

- Week 1:** You'll learn the core principles of leadership, exploring various styles and self-discovery.
- Week 2:** Sharpens your communication skills, enabling you to connect effectively with diverse audiences.
- Week 3:** Looks at team dynamics, empowering you to build and lead high-performance teams.
- Week 4:** Equips you with strategic thinking and decision-making prowess.

Each week offers engaging discussions, real-world case studies, interactive activities, and independent, reflective exercises. Join us for a life-changing experience, supplemented by recommended readings and resources.

## Sample Timetable

Week One example timetable:

	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1	<p><b>Welcome and introduction to the course.</b></p> <p><b>Icebreaker activity</b> to encourage introductions and build rapport.</p> <p><b>Informative discussion</b> on the definition and importance of leadership.</p> <p><b>Group discussion</b> on leadership and personal experience and future goals.</p>	<p><b>Review</b> of the previous day's content.</p> <p>In-depth exploration of verbal and nonverbal communication skills.</p> <p><b>Pair activity</b> to practice effective communication techniques through a conversation exercise.</p>	<p><b>Recap</b> of active listening and empathetic communication.</p> <p>Examination of communicating with different personality types and cultural backgrounds.</p> <p>Cross-cultural communication exercise in pairs, <b>role-playing</b> communication scenarios.</p>	<p><b>Review</b> of cultural communication and feedback techniques.</p> <p>Exploration of building and managing effective teams.</p> <p><b>Team-building exercise</b> where participants form teams and complete a challenge.</p>	<p><b>Review</b> of team-related concepts.</p> <p>Thorough analysis of strategic thinking, planning, and decision-making.</p> <p>Analysing data and making informed decisions: <b>Group analysis and discussion.</b></p> <p><b>Risks and opportunities</b> Interactive decision-making exercise.</p>
Session 2	<p><b>Overview</b> of different leadership styles.</p> <p><b>Role-play activity</b> simulating a leadership scenario using one of the styles discussed.</p> <p><b>Reflective writing</b> exercise about the experience and learning.</p>	<p>Introduction to active listening and empathetic communication.</p> <p><b>Small group activity</b> involving a role-playing scenario where participants practice active listening while another participant shares a personal story.</p> <p><b>Group discussion</b> where participants share their experiences and observations.</p>	<p><b>Giving and receiving feedback</b> Interactive discussion and sharing of experiences.</p> <p>Feedback activity where participants provide constructive feedback to their peers on the morning's exercise.</p> <p><b>Reflection and journaling</b> about cultural communication.</p>	<p><b>Delegation and empowerment</b> Interactive group exploration and discussion.</p> <p><b>Conflict resolution and problem-solving</b> Role-play scenarios and discussions.</p> <p>Group reflection, sharing insights from the day.</p>	<p><b>Closing discussion for the week</b></p> <p>What type of leader will you be?</p>

## What you'll learn

By the end of this course, you should be better able to:

- define leadership and articulate its significance in personal and professional life, demonstrating understanding through written reflections and discussion participation.
- evaluate various leadership styles, identifying their respective advantages and disadvantages.
- build trust and establish credibility as a leader.
- communicate effectively, including verbal and nonverbal techniques.
- listen actively and display empathetic communication strategies.
- build and lead effective teams, delegating responsibilities, resolving conflicts, and motivating team members.