

## WOMEN'S OUTDOOR LEADERSHIP COURSE

The course will include facilitated personal development adventures with your dedicated course lead and the opportunity to work on your technical, personal development and leadership skills with our most qualified staff in adventure and psychology. There will also be time working with groups of young people alongside experienced instructors (COVID permitting).

### WHAT WILL WE DO?

The course runs Monday to Friday from 9am – 5.30pm. There will be some later finishes and evening sessions to maximise learning. Below is a guide of what to expect (please note: this is TBC, subject to change depending on current restrictions and not necessarily in this order):

WEEK	WHAT'S HAPPENING?
1	<b>Experiencing Outward Bound</b> <i>Course set up, expedition, introductions</i>
2	<b>Group experience</b> <i>Group shadow/support, reflection on leadership approaches</i>
3	<b>Maximising the experience</b> <i>Psychology of development and potential, planning, adventure days</i>
4	<b>Mountain skills and leadership</b> <i>Consolidating ML skills. Technical and leadership inputs</i>
5	<b>Water skills week/Identifying personal strengths</b> <i>Consolidating open canoe skills. Technical and leadership inputs</i>
6	<b>Individualised learning week</b> <i>Identify goals, land and water opportunities (decided by participants)</i>
7	<b>Going solo – Exploring the gendered landscape</b> <i>Themes in female leadership, solo experience, mentor time</i>
8	<b>Group experience and mentoring</b> <i>Group shadow/support, reflection and leadership approaches</i>
9	<b>Individualised learning week</b> <i>Identify goals, land and water opportunities (decided by participants)</i>
10	<b>Applied learning and celebrating success</b> <i>Land and water expedition, participant led inputs, celebration</i>