



One Day Leadership Programme



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1a). About Future Foundations

Founded in 2004, Future Foundations (FF) is an education training organisation focused on the personal development of young people.

Working in partnership we provide coaching, mentoring and training to grow the academic and leadership potential of young people. We run immersion learning programmes which last between one and five days, both residential and non-residential throughout the UK.



There are five themes that run throughout FF programmes:

- **Take personal responsibility**
- **Be yourself**
- **Know yourself**
- **Find your talents**
- **Serve others**

1b). About Future Foundations Programme Delivery Ethos

- **Energy and Fun** – breaking barriers and creating conditions where real friendships are discovered and nurtured
- **Experiential Learning** – creating real practical learning through testing theory via real experiences, and reviewing and reflecting on those with an experienced coach
- **Service** – Recognising that leadership is about helping others to reach their potential
- **Coaching** – Individuals and Teams – drawing on intelligence, not ‘telling’
- **Partnership** – we are passionate about the importance of long term partnership work
 - Our Leadership programmes have been developed working in partnership with the University of Bath’s Students’ Union, King’s College London Students Union, Wellington College and Changemakers (FF supported Changemakers with the delivery of the 2009 The Youth of Today Summer Residential for over 160 13 to 19 year olds)

CHANGEMAKERS

the
youth
of today



WELLINGTON COLLEGE

2. Overview

Typically a one-day leadership programme taking place off-site meets the following aims:

- Integrate the year-group (there will be a number of new students joining the Sixth form)
- Help the students learn what it means to lead themselves and other people
- Develop the organisation, project management and time management skills of the students
- Challenge the students to share their vision for leadership with confidence, passion and authenticity
- Help the students prepare for taking on leadership opportunities
- Excite and inspire the students about the opportunity to take on leadership roles
- Help the students gain a greater knowledge of different ways they can develop their leadership skills
- Deliver a fun and interactive day that launches the sixth form in a memorable way



3. Typical Leadership Training Sessions

Example Sessions	Typical Content (adapted by the facilitators to suit the ability of the group)
1. You choose	A keystone of life and leadership – understanding that you have choices about how you are, what you focus on, what you tell yourself and what vision for your life you create
2. Self Leadership	<p>To be effective in your prefect role requires the ability to lead yourself, become clear about the vision you are working towards, and take responsibility for that journey.</p> <p>This session focuses on helping the students to gain a deeper understanding of the relationship between success and attitude and improved listening skills and awareness of their impact on others.</p>
3. Knowing Yourself	<p>Helping young people to identify their natural abilities and strengths, and how they can use them to reach their potential</p> <ul style="list-style-type: none"> • Exploring students’ strengths and learning styles, approach to work and the link between knowing yourself and success • Identifying study tools and techniques to help reach your potential
4. Leadership Styles	Through a whole group session followed by team task and experiential learning review, the students will learn about emotional intelligence, 6 leadership styles framework, their ‘go-to’ style - and where that is effective and ineffective and the importance of meeting situations with what is needed, not what you habitually meet them with.
5. Finding your voice. [Follow on from Presenting with Pizzazz]	<p>Concentrates on sincerity, passion and content rather than ‘style’ of presentation. Helps students consider who they are and challenges them to present their vision.</p> <ul style="list-style-type: none"> • Helps young people to build confidence in speaking passionately and authentically about their leadership plans • The finale of this session challenges the students to take on leadership roles, self manage and provide inter-team feedback using the tools and techniques taught during the first half of the session
6. Service leadership	<p>Calls students to realise that it is not always the role of the leader to lead:</p> <ul style="list-style-type: none"> • Gets students to think about who they are serving in their leadership • Challenges the balance of expectation between rights and responsibilities of being a student leader
7. Community Project Development	This session helps young people to identify the needs in the community and match them with their skills, talents and passions. They then consider how they would turn their ideas into action through taking part in a Case Study and/or starting to project plan their own project ideas in small groups.

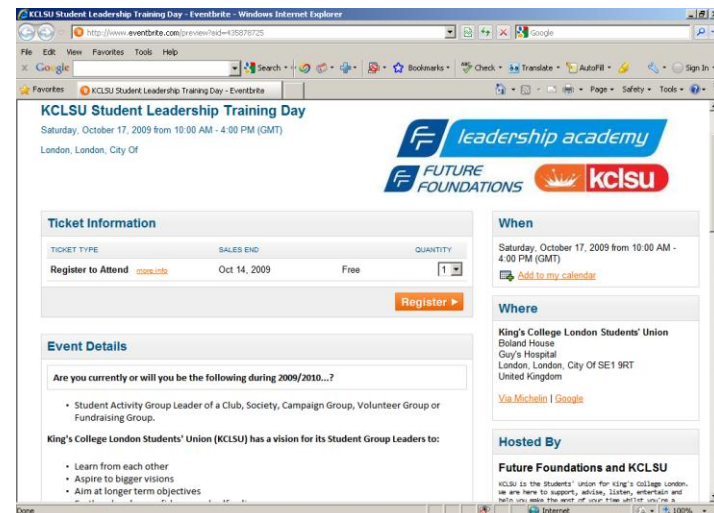


4. Draft Timetable with suggested sessions

Timing	Sessions		
09.15	Opening Plenary (whole group): Exploring leadership and the importance of networks.		
10.15	Workshop 1. Self Leadership		
11.15	Break		
11.45	Workshop 2. Service Leadership		
12.45	Lunch		
13.45	Workshop 3. Finding Your Voice	Workshop 4. Leadership Styles	
15.00	Workshop 5. Leadership Role Plays This session will be based on some of the opportunities offered	Workshop 6. Community Development Workshop Optional alternative session, including how to come up with an idea and develop a project plan.	Workshop 7. Mentoring Young People Optional alternative session for students to learn from a FF Coach how to mentor and coach young people.
15.30	Feedback, Photo Montage & Closing Plenary (whole group): Lead through service		
16.00	Close		

5. Online Registration/Confirmation [Optional]

- Enables the students to register what they would like to get out of the training, their challenges and their development needs
- Can be used to enable the students to select the workshops they want to attend
- Enables evaluation of the programme by measuring their aspirations and leadership skills before and after the programme
- Acts as a useful tool for advertising the programme and sending out email reminders to the students
- Can be used as a registration tool and/or confirmation of attendance
- Features include:
 - URL specific to this event
 - Access can be given to school staff
 - Data can be downloaded into excel



6. Contact details...

For more information on this programme or other FF programmes please contact us:

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