

FOCUS AREA – selected by the teacher

Select ONE focus area for your programme from the following list of focus areas:

- Interpersonal Skills
- Resilience
- Positive Mind-set
- Growth
- Wellbeing
- Self Management
- Leadership
- Environmental Stewardship

LEARNING OUTCOMES – discussed with the Programme Manager

- Leadership styles
- Leading from within / influence
- Leadership skills and process
- Self-Leadership
- Stepping-up /courage
- Leading by example / mana
- Creating a team /culture

ACTIVITIES – selected by instructors based on focus area and learning outcomes

- Creek Journey & High Ropes
- Kayaking
- Rock Climbing & Abseiling
- Overnight Expedition

PROGRAMME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Theme	Stepping-up / Courage	Leading From Within	Self-Leadership	Leadership Styles	Reflection & Debrief
Daily Activity	Creek Journey & High Ropes	Kayaking	Rock Climbing & Abseiling	Overnight Expedition	Complete Overnight Expedition