

# WELS Leadership Program

## 3 Day Leadership Program

Middle Years & Junior Program

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## Section 1: Program Overview: Aims and Benefits of Program

Looking for a great life experience for your child these school holidays that you won't find anywhere else? Do you want them to challenge themselves and expand their comfort zone, develop their leadership and teamwork capabilities, have fun, meet new people and learn essential life skills? Would you like them spend lots of time being active out and about in the great outdoors and in the community – and away from screens and e-technology? If so, this program is just what you are looking for!

Our programs offer participants a variety of engaging, interactive and purpose-designed activities - and our participants get a big say in what they do - so there is something for everybody. There are two key features of our program each day. The first is a practical and hands-on team-based challenge that explores the key theme/capability for the program/day. The second is peer-peer activities, where participants work with different participants each day to plan and lead a game or activity. The program also offers participants the opportunity for physical games and social activities; relaxation and recreation time; and, to work on for team-based or individual initiatives and projects.

Each program we run is unique, as it is tailored to the goals, interest and capabilities of the participants - and the nature of initiatives and the specific/focus change. So, you can join us once or as many times as you like. Our programs are designed to be great stand-alone experiences for people coming for the first time; they are also designed for returning participants to build on their experience and learnings from previous programs. A number of young people have done 10 or more programs; some now assist us as youth leaders; others are now working with us program assistants and leaders.

You won't find more passionate, qualified and skilled Program Coordinators and staff. Our Program Coordinators work with participants to create a highly positive, safe, supportive environment, where each person feels encouraged to extend their comfort zones, take risks, try new things and explore their unique talents and potential.

### **Program Aims & Outcomes**

The specific personal and social development aims of the programs are for each participant to:

#### **Personal Development: Leadership of Self**

- challenge themselves and expand their personal comfort zone;
- have a positive and fun experience;
- develop greater self-understanding and confidence;
- practise and develop greater understanding about your unique strengths in teams and as a young leader
- practise and develop increased independence and responsibility
- provide new opportunity to practise dealing with real challenges and develop increased resilience;
- recreation and relaxation with peers in different natural and urban environments;
- identify and work on a personal leadership or teamwork challenge;

#### **Social Development: Leadership with Others in Teams**

- practise and develop increased understanding in what creates effective teams
- practise and develop enhanced teamwork capabilities:
  - practise and develop enhanced communication capabilities in teams
  - practise and develop increased capabilities in cooperation
  - practise different roles and responsibilities in teams
- care for other people and team members

- practise working with different peers to plan, organise and run real projects and activities
- opportunities to develop new or stronger relationship with peers

### **Program Facilitation**

All programs will be coordinated and facilitated by one of our highly qualified, experienced, skilled and inspiring Program Coordinators. Each participant will be supported by positive, highly skilled and personalised coaching and mentoring from the program coordinators and group leaders.

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## Section 2: Program Plan

### 2.1 Program Outline

<b>Program Outline</b>
<p><b>Note:</b> specific themes activities and tasks change from program to program</p>
<p><b>Day 1</b></p> <p>Program Structure and Options (tbc depending on specific program)</p> <ul style="list-style-type: none"><li>• Full Day: Time: 9 am – 5 pm<ul style="list-style-type: none"><li>○ Core Program 9 am – 2/3/4 pm</li><li>○ Extension and Enrichment Program: 2 – 5 pm</li></ul></li></ul> <p><b>Main Activities</b></p> <ul style="list-style-type: none"><li>• Participant Led Team Activity (each day): run team activity for peers</li><li>• Recreation and relaxation (participant led)</li><li>• Main Team Challenge: Search and Recovery Team Challenge</li><li>• Extension and Enrichment Program: Participant Choice</li></ul>
<p><b>Day 2</b></p> <p><b>Main Activities</b></p> <ul style="list-style-type: none"><li>• Participant Led Team Activity (each day): run team activity for peers</li><li>• Recreation and relaxation (participant led)</li><li>• Main Team Challenge: Construction or Building Challenge</li><li>• Extension and Enrichment Program: Participant Choice</li></ul>
<p><b>Day 3</b></p> <p><b>Main Activities</b></p> <ul style="list-style-type: none"><li>• Participant Led Team Activity (each day): run team activity for peers</li><li>• Recreation and relaxation (participant led)</li><li>• Main Team Challenge: Team-based Amazing Race Challenge (out and about in the community)</li><li>• Extension and Enrichment Program: Participant Choice</li></ul>

## 2.2 Program Plan & Daily Schedule

Please note: specific themes, activities and tasks change from program to program and will vary depending on venues, conditions and participants capabilities and interests.

### Day 1

#### **3 Day Program - Program Outline & Day Schedule**

**Note:** specific themes activities and tasks change from program to program

#### **Day 1**

**Program Structure and Options** (tbc depending on specific program):

- Full Day: Time: 9 am – 5 pm
  - Core Program: 9 am – 2/3/4 pm (tbc depending on specific program)
  - Extension and Enrichment Program: 2 – 5 pm

#### **Key aim/theme/focus for the day:**

Social Development: Leadership with Others in Teams

- Teamwork: what creates effective teams?  
roles and responsibilities in teams

Personal Development: Leadership of Self

- My strengths as a team member
- Personal Teamwork or Leadership Goal and Challenge for Program
- Independence and responsibility (ongoing throughout program)

#### **Day Outline**

##### **Core Program**

Introduction

- Get to Know Each Other and Team Building Activities
- Aims of Program and Plan For Day

Recreation and relaxation (participant led)

Participant Led Team Activity (each day): run team activity for peers

Recreation and relaxation (participant led)

Main Team Challenge

- Practical, hands-on, team-based challenge to explore the key theme for day
- Search and Recovery Team Challenge

Recreation and relaxation (participant led)

##### **Extension and Enrichment Program: Participant Choice**

Time: From 2-5 pm each day depending on the specific program, conditions, participant capabilities and preferences. See the Extension Program section for more information.

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Participants doing the Core Program and the full day, who want an extra challenge and have the independence for the full day. This program is built on participants choice and is largely self-directed time. There are a number of options for how participants can use this time, based on their preferences. The Program Coordinator will provide participants with mentoring, support and supervision on their participant-led activities or projects.

Participants can use this time to:

- plan, organise and run community-based and team-based challenges, projects or activities that they will undertake in the local community
- plan and work on a team and individual leadership or passion project, which they might choose to continue after the program
- participate in self-directed team activities, sport and games
- help plan and organise the overnight camp (if they are doing the camp after the core program or day-based program)
- plan and work on a community service initiative
- plan and work on mini-enterprise project
- plan and work on a mini sustainability project
- to relax, reflect and socialise
- other activities based on participant preferences

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## Day 2

### **Day 2**

Key aim/theme/focus for the day:

Social Development: Leadership with Others in Teams

- Teamwork: Cooperation: what is cooperation and cooperation in teams

Personal Development: Leadership of Self

- What can I do to help my team cooperate?
- Personal Teamwork or Leadership Goal and Challenge for Program
- Independence and responsibility (ongoing throughout program)

### **Day Outline**

#### **Core Program**

Introduction

- Aims of Program and Plan For Day

Recreation and relaxation (participant led)

Participant Led Team Activity (each day): run team activity for peers

Recreation and relaxation (participant led)

Main Team Challenge

- Practical, hands-on, team-based challenge to explore the key theme for day
- Construction or Building Team Challenge

Recreation and relaxation (participant led)

#### **Extension and Enrichment Program: Participant Choice**

Time: From 2-5 pm depending on specific program, conditions and participants interests and capabilities. See the Extension Program section for more information.

### **Day 3**

Key aim/theme/focus for the day:

Social Development: Leadership with Others in Teams

- Teamwork: creativity and collaboration with others in teams
- Team Collaboration Project: plan, organise and run creative team activity for peers

Personal Development: Leadership of Self

- What can I do to help my team be as creative as possible?
- What can I do to help me team plan and run a creative team project?
- Personal Teamwork/Leadership Challenge

### **Outline**

#### **Core Program**

Introduction

- Aims of Program and Plan For Day

Recreation and relaxation (participant led)

Participant Led Team Activity (each day): run team activity for peers

Recreation and relaxation (participant led)

Main Team Challenge

- Practical, hands-on, team-based challenge to explore the key theme for day
- Team-based Amazing Race Challenge (out and about in the community)

Recreation and relaxation (participant led)

Final Debrief and Team Activities

#### **Extension and Enrichment Program: Participant Choice**

Time: From 2-5 pm depending on specific program, conditions and participants interests and capabilities. See the Extension Program section for more information.

#### **Optional Further Extension Options**

- Further Extension Program
- Camps
- Personalised Mentoring and Coaching
- Personalised and Individualised Programs



## More Information

Thank you so much for your time and consideration of our programs and services. For more information and discuss our programs further please contact WELS School Director and Lead Educator, Ben Righetti at [info@wels.com.au](mailto:info@wels.com.au) or visit our website [www.wels.com.au](http://www.wels.com.au)

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