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# WOMEN’S OUTDOOR LEADERSHIP COURSE

# WHAT WILL WE DO?

The course is Monday to Friday and will generally run from 9am – 5.30pm, involving some later finishes and evening sessions to maximise learning. Below is an outline of what to expect (not necessarily in this order, tbc):

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| **Week** | **What’s Happening?** |
| **1** | **Experiencing Outward Bound**  *Course set up, Expedition, Intro to mentoring* |
| **2** | **Group Experience and Mentoring**  *Group shadow/support, reflection and action planning with mentors.* |
| **3** | **Maximising the Experience**  *Psychology of development and potential, planning, adventure days* |
| **4** | **Mountain Skills and Leadership**  *Consolidating ML skills. Technical and Leadership inputs* |
| **5** | **Water Skills Week/Identifying personal strengths**  *Consolidating open canoe skills. Technical and Leadership inputs* |
| **6** | **Individualised Learning Week**  *Identify goals, land and water opportunities (decided by participants)* |
| **7** | **Going Solo – Exploring the gendered landscape**  *Themes in female leadership, solo experience, mentor time* |
| **8** | **Group Experience and Mentoring**  *Group shadow/support, reflection and action planning with mentors.* |
| **9** | **Individualised Learning Week**  *Identify goals, land and water opportunities (decided by participants)* |
| **10** | **Applied Learning and Celebrating Success**  *Land and water exped, participant led inputs, celebration* |