



WOMEN'S OUTDOOR INSTRUCTOR DEVELOPMENT PROGRAMME 2024

WHAT WILL WE DO?

The course mostly takes place Monday to Friday and will generally run from 9am – 5.30pm, involving some later finishes or evening sessions each week to maximise learning.

The majority of the course will be run from the Loch Eil Centre where you will be based, with one week's travel to visit Ullswater in the Lake District. A few additional week days off are built into the programme to allow you to make the most of the area for your own development and / or do whatever you need to recharge and continue learning effectively.

Below is an outline of what to expect (order may change!):

Week	What's Happening?
16th Sept	Experiencing Outward Bound (Mon to Fri) <i>Course set up, 3 day exped, Introductions – people, process, places.</i>
23rd Sept	Mountain/Rock Skills (Mon to Thurs) <i>Consolidating ML & RCI skills.</i>
30th Sept	Group Experience (Mon to Fri) <i>Shadow/support an OB course with young people.</i>
7th Oct	Individualised Learning & Mentor Time (Mon to Fri) <i>Opportunities to work on your personal development.</i>
14th Oct	Water Skills (Mon to Thurs) <i>Consolidating canoe & kayak skills.</i>
21st Oct	Group Experience (Mon to Fri) <i>Get involved leading an OB group alongside another instructor.</i>
28th Oct	Understanding Leadership Approaches (Tues to Sun, Ullswater) <i>Learn more about leadership and attend the WIMT conference</i>
4th Nov	Group Experience 5 day course (Mon to Fri) <i>Build on experience leading a group alongside another OB instructor.</i>
11th Nov	Individualised Learning Week (Mon to Fri, option for day off if wanted) <i>Identify goals, land and water opportunities (decided by participants)</i>
18th Nov	Applied Learning and Celebrating Success (Mon to Fri) <i>Land and water exped, participant led inputs, celebration</i>