

zoom

TRAINING SESSION

COURSE: Collaborative Leadership Stage 1
DURATION: 5 sessions of 90 minutes (over 5 weeks)
TUTORS: **Verene Nicolas & Richard Golsworthy**

OUTLINE:

Activities on the 5 session course are led by two tutors, one the Director of the Doctoral Programme in Counselling Psychology at Caledonian University, the other an expert in organizational cultures and non-confrontational methods of conflict resolution. The tutors lead participants through a series of teaching sessions and practical group activities. These include sessions on:

- The challenges within the participants' workplaces.
- The basic psychology of leadership.
- Other ways of leading: the Michigan Model.
- Listening and communication skills.
- Analysis of behavioural motivation and consideration of the Iceberg Model.
- Confidence, self-care and mindfulness