

Circles of Empowerment Leadership Workshops



Brought to you by EnQPractice NZ and EnQPractice SA

(All workshops are run at the school premises).

Student Leadership (Prefects) Training Workshop

The EnQPractice student leadership-training course is **4 hours** in length with up to 40 students per session. (Minimum of 20). This workshop is facilitated by an EnQPractice accredited facilitator.

Most schools make use of this training for their **prefects/ student leaders** at both **Middle School** and **Secondary School** Level. Each student participating would complete an **on-line assessment** (approximately 10 minutes to complete) prior to the training and note their results down for the training session. Course workbooks are provided at the workshop for each attendee.

The room is set up in a horseshoe formation so each student is **directly engaged** at all times with the facilitator. Various groups are formed and changed throughout the training to enhance momentum and maximise engagement between the attendees. The **activities** for each section are designed to be insightful, fun and educational by “**anchoring**” the concepts learned in each section.

Our Student Leadership training is delivered in 4 sections:

- **Self -Empowerment** – How well do I know me? Each individual’s COE Interaction style and personal values are explored to gain insight into why we respond to certain situations as we do. This understanding allows us to manage our “default” emotional responses more effectively
- **Empowerment of others** – How well do I know you? The students work in their COE Interaction styles as a group with the purpose of exploring and understanding the other 3 styles. This enables them to adjust to styles different to their own and communicate effectively and appropriately with these styles as a leader
- **Conflict resolution** – How well do I empower myself and others in a conflict situation? “What is conflict?” is explored and the theory

of perceptual positions is learned as a simple yet powerful method of managing conflict situations effectively. The section includes a role play.

- **Leadership empowerment** -understanding the different styles of leadership as individuals and how each COE style leads most effectively. We create a **group culture** of leadership for the year ahead with a specific group leadership intention with the development process of the group honking strategy.

The central theme of the workshop is around building our **Emotional Intelligence as a leader**. Each section builds on the previous one with the aim of assisting each group to first understand themselves as **individual leaders** and then work towards unifying a **group leadership** understanding and strategy. The concepts learned in this workshop prepares the students for their student leadership role and prepares them for leadership roles they might engage in further on in their careers. The emotional intelligence skills learned are relevant to all **personal** and **professional** relationships they will encounter.

The concepts and activities selected for this training workshop are **grounded** in recognised behavioural science theory and have been selected by three professionals in their field who combine expertise in industrial psychology, emotional intelligence and leadership skills - Sandy Geyer, Lynn Blokker and Hilary Haynes. Details of these professionals can be viewed at <https://www.enqpractice.com/what-we-do/>.

All **EnQ facilitators** are trained to interact appropriately with the students in a transformational space which is fun, dynamic, engaging and challenging for the attendees.

By means of a **Doctoral study of Professional Practice**, in **education studies**, Sandy continues to study extensively in the area of **academic** and **entrepreneurial leadership**. Her ongoing work in this area aims to ensure our leadership training is kept fresh, empowering and relevant to the students. She publishes a termly article, *Leadership Beyond the Classroom*, which can be subscribed to at <http://eepurl.com/cEAUPD> if this is an area of interest.

