

Week 1: Introduction to Leadership

Day 1: Ice Breakers and Introduction to the Program

Ice-breaking activities to create a comfortable environment.
Overview of the mentorship program, expectations, and goals.

Day 2: What is Leadership? (Discussion and Activities)

Define leadership and its importance.
Interactive activities to explore leadership concepts.

Day 3: Qualities of a Good Leader (Discussion and Activities)

Identify essential leadership qualities and attributes.
Role-playing and group discussions to emphasize leadership traits.

Day 4: Famous Leaders and their Leadership Styles (Research and Presentation)

Research famous leaders and present findings.
Analyze different leadership styles and their impact.

Day 5: Reflection and Journaling

Encourage participants to reflect on their learning and personal goals.



Week 2: Self-Awareness & Mindfulness

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Day 1: Introduction to Self-Awareness and Mindfulness

Explore self-awareness and mindfulness concepts.

Share the benefits of these practices for leadership.

Day 2: The Importance of Self-Awareness in Leadership (Discussion and Activities)

Discuss how self-awareness enhances leadership effectiveness.

Self-assessment activities and group discussions.

Day 3: Mindfulness Techniques (Practical Session)

Guided mindfulness exercises and meditation.

Encourage participants to develop mindfulness habits.

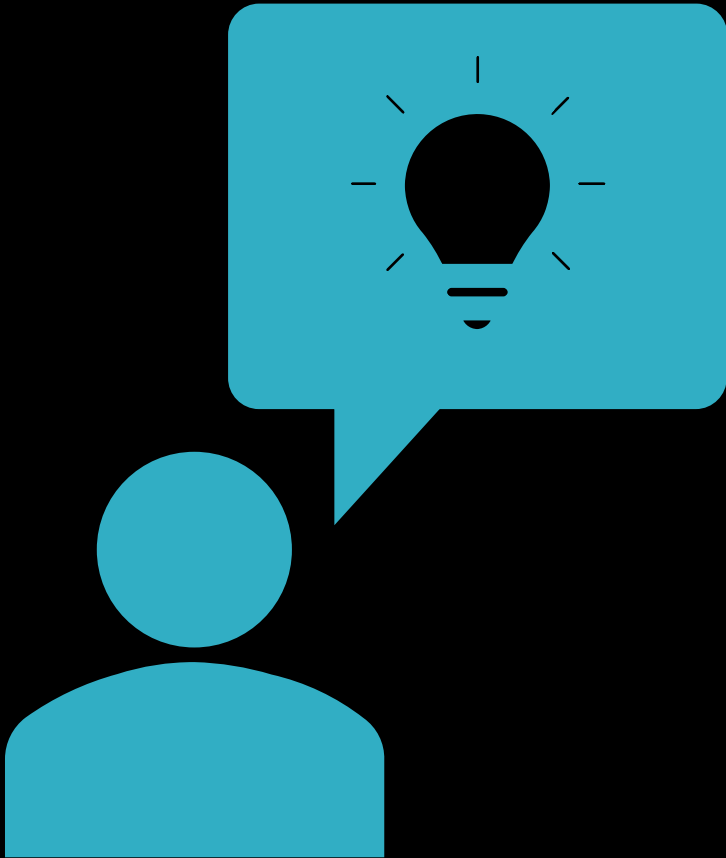
Day 4: Applying Mindfulness in Daily Life (Discussion and Activities)

Explore real-world applications of mindfulness in leadership.

Brainstorm scenarios where mindfulness can be applied.

Day 5: Reflection and Journaling

Reflect on the integration of self-awareness and mindfulness in their daily lives.



Week 3: Decision Making

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Day 1: Introduction to Decision Making

Introduce the decision-making process and its role in leadership.
Explain the significance of informed choices.

Day 2: The Process of Decision Making (Discussion and Activities)

Break down the decision-making process.
Engage in group activities to practice decision-making skills.

Day 3: The Impact of Decisions on Leadership (Discussion and Activities)

Discuss the consequences of leadership decisions.
Analyze case studies to understand the implications.

Day 4: Case Studies: Good and Bad Decisions (Research and Presentation)

Research and present case studies of successful and failed decisions.
Extract lessons from both scenarios.

Day 5: Reflection and Journaling

Reflect on the day's learnings and share insights in their journals.



Week 4: Communication Skills

Day 1: Introduction to Communication Skills

Explore the importance of effective communication in leadership.
Introduce communication as a vital leadership skill.

Day 2: The Importance of Communication in Leadership (Discussion and Activities)

Discuss the role of communication in building trust and relationships.
Participate in communication exercises.

Day 3: Effective Communication Techniques (Practical Session)

Practice active listening and effective verbal/non-verbal communication.
Role-playing exercises.

Day 4: Role Play: Communication Scenarios (Practical Session)

Act out various communication scenarios.
Receive constructive feedback on communication skills.

Day 5: Reflection and Journaling

Reflect on improvements in their communication skills and any challenges faced.



Week 5: Teamwork & Collaboration

Day 1: Introduction to Teamwork and Collaboration

Define teamwork and its significance in leadership.
Emphasize a leader's role in fostering collaboration.

Day 2: The Role of a Leader in a Team (Discussion and Activities)

Discuss a leader's responsibilities within a team.
Group activities to demonstrate leadership in teamwork.

Day 3: Building and Leading a Team (Practical Session)

Work together to create a project team and establish roles.
Team-building exercises and practical leadership experience.

Day 4: Case Studies: Successful Teamwork (Research and Presentation)

Research and present case studies of successful teamwork.
Extract key elements that contributed to success.

Day 5: Reflection and Journaling

Reflect on the teamwork and leadership experiences gained during the week.



Week 6: Leadership Project



Day 1: Introduction to Leadership Project

Present the leadership project and its objectives.

Guide participants in choosing their projects.

Day 2: Planning and Preparing for the Project (Practical Session)

Help participants outline their projects and create action plans.

Provide mentorship and resources.

Day 3: Execution of the Project (Practical Session)

Participants begin working on their projects with guidance.

Encourage problem-solving and adaptability.

Day 4: Presentation of the Project (Presentation)

Participants present their leadership projects.

Receive constructive feedback and celebrate achievements.

Day 5: Conclusion of the Program, Feedback, and Celebration

Reflect on the overall program and individual growth.

Gather feedback from participants for program improvement.

Celebrate the completion of the mentorship program.

Conclusion

This mentorship program is designed to develop leadership skills, self-awareness, and mindfulness while focusing on essential aspects of leadership, decision making, communication, teamwork, and collaboration. The final project allows participants to apply their learnings in a practical context and receive feedback for further improvement.

