



Team & Leadership Development

Factsheet

This course goes up a level, encouraging participants to explore their capabilities and broaden their horizons.

They'll learn to manage their own time, solve problems, become an effective team player and develop essential leadership skills. The Teams and Leaders programme equips pupils with those skills by giving them real life situations in challenging environments in which they can test new strategies and learn new skills.

By carefully selecting appropriate activities, your instructor will ensure that your pupils are physically and mentally stretched. Through our reflective learning process, your pupils will begin to understand the impact of their actions on everyday life. This is an ideal course to follow Adventure & Challenge. The course will involve achieving the key learning objectives below, directly linked to the National Curriculum.

Outward Bound® courses are designed to help enable young people to become:

Successful learners

- › Develop effective team players
- › Experience and understand leadership
- › Increase skills in communication, planning and problem solving
- › Develop action plan
- › Enjoy and experience real adventures

Responsible citizens

- › Understand team roles
- › Develop effective team players
- › Experience and understand leadership

Confident individuals

- › Understand team roles
- › Develop effective team players
- › Experience and understand leadership
- › Understand the importance of being a role model
- › Increase skills in communication, planning and problem solving
- › Increase concern for, and awareness of, the natural environment
- › Develop action plan
- › Enjoy and experience real adventures

Expedition

The Expedition phase of the course will be designed to meet your students' abilities. It will usually include an overnight experience in the form of a camp, bivouac or shelter in a mountain cabin or bothy. It is usually expected that students will carry all of the provisions and equipment required for the duration of the expedition.

Key facts

Year group: Year 10-13

Key stage: 4-5

Duration: 5 days; Monday - Friday, 7 days; Monday-Sunday

Location: Aberdovey, Wales / Ullswater, England / Howtown, England / Loch Eil, Scotland

Sample Programme: Teams & Leaders (five-day)*

All courses start and finish at 1pm

	7am	9am	1pm	5pm	7pm	8:30pm	10:30pm	11pm
	UP	GROUP GATHERING	LEARNING OUTCOMES / ACTIVITIES		DINNER & FREE TIME	LEARNING OUTCOMES/ ACTIVITIES	FREE TIME & PREP	DORMS
MON			ARRIVE / Setting the Scene Introductions / Tour of centre Centre grounds / Jog & dip			Understanding team roles Team Dynamics		
TUE		Developing effective team players / communication / planning / problem solving / understanding leadership Gorge Walk	Rock Climbing / Canoe			Advanced team dynamics / exped prep		
WED		Being a role model / experience & understanding leadership Final exped checks	Start exped with option to canoe / sail / walk / wilderness camp					
THU		Concern & awareness of environment / develop effective team players / communication leadership Expedition return	High ropes			Development of action plan Course review & action plan	Learning transfer prep	
FRI		Transfer of learning Return kit, group challenge and final review of the week.	DEPART					

 Learning objectives
 Activity

*Please note this is a sample programme only. All activities will depend on centre location, weather and group ability.

