



## Aspiring4Excellence

### Professional Excellence Personal Power

#### **Challenge You - Personal Enterprise and Team Challenge**

(Years 7 to Year 11 – content and delivery style adapted accordingly)

The Personal Enterprise and Team Challenge Programme is part of the Challenge You Programme and is aimed at developing greater self awareness and to help young people to understand the impact they have on themselves and others.

The event is split in to two parts - First Part focusing on Self Awareness and Communication Skills and the Second on a Team Challenge and Presentation. The first is aimed at helping them to understand themselves and their impact on others and the second part allows them to put in practice what they have learnt.

The students will initially work in pairs and coach each other to help to draw out personal strengths and areas of improvement. This session is aimed at developing valuable coaching skills and encourage peer coaching and supporting one another. They will be given a list of Coaching Questions to ask each other. Students then work in teams and compile the strengths creating Team Strengths.

The next session is around body language - a very interactive discussion with examples of the impact of body language. They will be asked to do short Role Plays using the different Body Language Patterns. This will be fun and create energy in the room and also demonstrate the power of nonverbal communication.

The second part of the day is focused on the Team Challenge. Students will be set a Challenge which they need to work through in their teams. They should refer to their Team Strengths to allocate tasks and keep on schedule. It will be interesting to see how (if at all) they applied the knowledge they gained earlier in the forming of their teams and planning their work. The Challenge will involve making a model/product and formal presentations.

Students will need to draw on their knowledge of body language and presentation skills to create a passionate and powerful presentation.

Students will find this programme interesting and very engaging.