

YWCA

SHE  
LEADS



*High* Program

A YOUNG WOMEN'S LEADERSHIP PROGRAM



# She Leads High participants will:

- Gain confidence
- Recognise and explore their leadership style and potential
- Gain practical tools that can be used in school and community settings
- Participate in interactive face to face workshops and online groups
- Learn from inspiring guest speakers
- Celebrate with a graduation event
- Option to attend SHE Leads High Conference with 250 fellow young women

“The SHE Leads High Program helped me gain confidence and discover more about my abilities and potential.”

“Something I will take into the future would be the confidence and leadership skills I learnt in the She Leads High sessions. I found these sessions very productive and useful.”

“If I’ve learnt anything from SHE Leads High it’s that networking and communication are KEY.”

SHE Leads High Participants 2016

## Strengthening skills, inspiring futures: A program designed for High School students

The SHE Leads High Program is a leadership development program for young women in years 10, 11 and 12, designed to inspire pathways for future success. The program will strengthen the skills and confidence of your students enabling them to perform at a higher level, and impact positively on their personal and professional advancement, as well as their communities. This is an opportunity for young women to build leadership capacity in every aspect of their lives.

We recognise the specific challenges facing young women in attaining equality in leadership. We apply a gendered lens to our program with the aim of dismantling some of these barriers.

## Learning with Others

Students will learn with a group of other young women through workshops and online groups in a safe and empowering space. They will learn from and be supported by an experienced and dedicated SHE Leads High facilitator, as well as guest presenters who will share their experiences, insights and advice.

Students will learn effective networking skills to support them on their leadership journey, which they will have the opportunity to practice in workshops and at the SHE Leads High Conference.

## Developing their Leadership Style and Building Confidence

Students will develop greater self-awareness and the skills of self-management. Using a strengths-based approach, students will improve their ability to reflect upon and develop their own leadership style and aspirations.

Students will emerge from the SHE Leads High Program with the confidence and skills to understand and appreciate how leadership applies to them, and how they can contribute to passionate, cohesive teams, and communicate with empathy and social skills.

# Program Modules

## Program Content

Throughout the SHE Leads High program participants will be introduced to a range of leadership and development topics including;

- ◆ Exploring leadership, leadership and gender and women as leaders.
- ◆ Communication basics and strategies, emotional intelligence and communicating as a leader.
- ◆ Understanding the roles people play in team environments and friendship and team dynamics.
- ◆ Exploring the workplace and breaking down gender barriers, mentoring and its importance and women's leadership in the workplace.
- ◆ An intro to money basics, super, savings and housing – what does it all mean and friendships, relationships and money.
- ◆ Being community minded, being a leader in the community and your voice matters

## Personal Application

Program content will allow participants to explore connections to their own personal development including;

- ◆ Exploring what leadership is to you and finding your personal style and strengths.
- ◆ You as a communicator, avoiding communication breakdowns and finding your voice.
- ◆ Understanding and dealing with difference and exploring your role/s in a team.
- ◆ Finding your ideal workplace, finding and making the most of mentors and leading, motivating and supporting yourself at work.
- ◆ Making big financial decisions – opportunities and pitfalls, exploring your financial independence and finding trusted advisors.
- ◆ Identifying your communities, building your personal brand and exploring how to be a change maker.

## Practical Skills

Participants will develop increased capacity and skills in a number of areas including;

- ◆ Using strengths to demonstrate leadership and tackling gender stereotypes.
- ◆ Communicating with confidence and influence and networking like a professional.
- ◆ Problem solving team challenges and using a strengths based approach to leading.
- ◆ Envisioning and influencing your future workplace and goal setting and mentoring in practice.
- ◆ Gathering information, making decisions and setting financial goals.
- ◆ Building community connections and community leadership in practice.

## Delivery Modes

### Face to Face Workshops

Content is delivered within the school over a set number of hours. Weekly sessions are preferred but program times can be negotiated by the school as required.

### Online Groups

Closed facebook groups or other forms of networking software used by the school, are used to support participants ongoing development over the program and sharing of resources. Online groups must include a school moderator.

### SACE and Integrated Learning

We encourage the integration of the SHE Leads High Program content into the school's existing study requirements wherever possible. The SHE Leads High program can be mapped across SACE requirements by including the personal application component. Schools are strongly encouraged to discuss their focus areas and needs with the SHE Leads High facilitator.

### Program Delivery/Hours

8 x 90 minutes face to face workshops over a term (or as negotiated). As well as additional support including ongoing online group engagement and a program graduation at the end of term.

# Why choose YWCA Adelaide?

YWCA Adelaide is a community service organisation which has been transforming the lives of young women and girls for more than 135 years. Our purpose is to build strong and equitable communities through the development of women's leadership.

We believe that supporting the leadership development of young women is not only the **right** thing to do, but also the **smart** thing to do. We also believe that leadership occurs in all areas of life - at home, at school, at work, and across the community.

The SHE Leads High Program forms part of the YWCA leadership pathways framework, a comprehensive suite of programs designed to support young women in achieving their leadership potential.

A significant part of the SHE Leads High Program is the concept of **reciprocal engagement**; providing opportunities for younger women to participate in our programs and services, and providing opportunities for more experienced young women to contribute to our programs through mentoring, coaching, educating and leading.

## Pricing

The SHE Leads High Program has been designed to support young women in high schools to develop their leadership pathway. With this in mind, the program has been deliberately priced at a level which represents an accessible and sensible level of investment for schools. The investment in the SHE Leads High Program is \$3500 + GST.

This includes working with up to 20 participants across 1-2 school terms.

## More information

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YWCA Adelaide is a child safe organisation. All staff and guest presenters hold the relevant Child Related Employment Screening Checks obtained through the Department for Communities and Social Inclusion which can be provided to schools upon request.




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