

UNIT	TOPIC	OBJECTIVES	KEY COMPETENCES	COACHING TECHNIQUES	ASSESSMENT
0	Introductory document (for teachers/coaches)	<p>To outline the key frameworks used in the project.</p> <p>To define the key terms that appear throughout the materials, particularly in the lesson plans.</p> <p>To introduce common challenges young adults face in coaching contexts.</p> <p>To explore structured solutions to these challenges using the selected frameworks</p>			
INTRODUCTORY UNIT	Introductory lesson	<p>To identify personal leadership traits through reflection.</p> <p>To analyse leadership scenarios and propose collaborative solutions.</p> <p>To communicate a personal leadership vision.</p> <p>To connect abstract metaphors to practical leadership themes.</p>	<p>Communication and Collaboration: Enhancing the ability to discuss, analyze, and share insights with peers.</p> <p>Critical Thinking: Reflecting on the meaning of leadership and how it relates to their experiences.</p>	<p>Active Listening</p> <p>Guided self-reflection</p>	
1	From Followers to Leaders: Are You a Leader?	<p>To help students explore and understand the concept of leadership through reflective discussions on role models and leadership quotes.</p> <p>To identify key leadership skills that will be developed during the course.</p> <p>To inspire students by connecting leadership concepts with their personal experiences and aspirations</p>	<p>Personal Competence: Developing self-awareness and understanding one's potential for leadership.</p> <p>Communication and Collaboration: Enhancing the ability to discuss, analyze, and share insights with peers.</p> <p>Critical Thinking: Reflecting on the meaning of leadership and how it relates to their experiences.</p> <p>Vision and Goal-Setting: Recognizing leadership skills as a framework for personal and team development.</p>	<p>Active Listening</p> <p>Powerful Questioning</p>	<p>SAQ Questioning Skills - SAQ</p> <p>Active Listening</p>
THE LEADER IN YOU	Your Leadership Experience: The Best of You...	<p>To help students recognize their potential as leaders by reflecting on a personal leadership experience.</p> <p>To identify and articulate actions and qualities that define effective leadership.</p> <p>To draw lessons from past experiences that can be applied to future leadership roles.</p>	<p>Self-Reflection and Awareness: Encouraging students to explore their strengths and leadership experiences.</p> <p>Analytical and Critical Thinking: Evaluating past actions and their impact to extract key leadership lessons.</p> <p>Communication and Collaboration: Sharing insights and discussing leadership qualities with peers for mutual learning.</p>	<p>Challenging Assumptions,</p> <p>Active Listening</p>	<p>SAQ Active Listening</p>
	From Intangible to Tangible - creating your mission in life	<p>To encourage students to visualize and articulate their future aspirations in a creative and personal way.</p> <p>To help students connect their imagination to a tangible representation, facilitating clarity and focus on their vision</p> <p>To prepare students for the subsequent activity by fostering a mindset of self-awareness and goal-setting</p>	<p>Self-Awareness and Reflection: Developing an understanding of personal goals, aspirations, and potential</p> <p>Creativity and Expression: Translating abstract thoughts into a visual or written form.</p> <p>Visualization and Goal Setting: Building the ability to envision a desired future and take the first step towards making it real.</p>	<p>Visualization/Visioning,</p> <p>Acknowledgment</p>	<p>SAQ Social Responsibility</p>

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2

**Problem Solving:
The Canteen
Challenge**

To develop students' problem-solving skills by analyzing and addressing real-world issues.
To foster teamwork and communication through collaborative brainstorming and planning
To encourage creativity and practical thinking in developing feasible solutions within constraints.

Problem-Solving Skills: Identifying key issues, generating innovative ideas, and evaluating solutions.
Collaboration and Teamwork: Working effectively in groups to achieve a common goal
Critical Thinking: Prioritizing feasible and impactful solutions within budget and time constraints
Communication Skills: Presenting ideas clearly and confidently while receiving and providing constructive feedback.

Powerful Questioning,
Positive Reinforcement

TAQ Team Members'
Contribution - TAQ Team
Performance

**Decision Making:
The Chain Diagram**

To teach students a structured approach to problem-solving using the Chain Diagram
To develop students' ability to analyze situations, evaluate alternatives, and implement solutions effectively
To enhance students' critical thinking, decision-making, and reflective skills through a step-by-step process

Problem-Solving Skills: Learning to break complex problems into clear, actionable steps.
Critical Thinking and Analysis: Evaluating multiple solutions and understanding their outcomes.
Goal-Oriented Planning: Developing practical strategies to address challenges and achieve desired outcome

Goal Setting,
Powerful Questioning

SAQ Communication - SAQ
Critical Thinking Evaluating
Ideas - TAQ Time
Management

ENHANCING LIFE
COMPETENCIES
AND
ENTREPRENEURIAL
COMPETENCIES

**Creative Thinking:
The Story of Ganesh**

To develop creative thinking by analyzing the story and exploring alternative outcomes
To enhance critical thinking by encouraging students to evaluate the motivations and perspectives of different characters in the story
To foster problem-solving skills through reflective questioning and decision-making

Creative Thinking: Generating alternative endings and solutions based on the story's context
Critical Thinking: Evaluating the old woman's decision-making process and the perspectives of other characters
Empathy and Perspective-Taking: Understanding and considering the desires and motivations of multiple stakeholders
Communication Skills: Articulating ideas and reasoning clearly while engaging in group discussions.

Powerful Questioning,
Visualization/Visioning

SAQ Creativity - SAQ -
Questioning Skills

**Presentation Skills:
The Two Sisters of
Bali**

To help students understand and analyze the essential skills for effective communication and audience engagement.
To develop awareness of presentation techniques such as body language, tone, storytelling, and pacing
To inspire students to connect their personal stories with leadership, fostering confidence in public speaking.

Communication and Presentation Skills: Learning to convey messages clearly, confidently, and persuasively
Self-Awareness and Reflection: Understanding how body language, tone, and storytelling impact audience engagement
Critical Observation and Analysis: Identifying effective communication techniques through real-life examples

Active Listening,
Visualization/Visioning

SAQ Active Listening

**AI and Critical
Thinking : The Use
of AI and Critical
Thinking**

To develop students' critical thinking skills by comparing AI-generated and human-written content
To help students assess bias, intent, tone, and evidence in written texts, fostering analytical reading skills
To encourage students to reflect on the role of AI in learning and collaboration, exploring its potential as a tool for skill enhancement rather than dependency

Critical Thinking and Analysis: Evaluating content for tone, clarity, bias, and real-world relevance.
Digital Literacy: Understanding how AI-generated content differs from human-written texts and its implications
Collaboration and Communication: Engaging in meaningful discussions to share insights and critique texts constructively

Powerful Questioning,
Challenging Assumptions

SAQ Critical Thinking
Evaluating Ideas - SAQ Critical
Thinking Synthesising Ideas
and Information - SAQ Critical
Thinking Understanding and
Analysing Links between
Ideas - SAQ Critical Thinking

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Building Trust and Collaboration: Crossing the Amazon River

To develop students' ability to communicate effectively and build trust within a team
To foster empathy and teamwork, encouraging leaders to motivate and inspire team members
To practice leadership by guiding others under challenging circumstances, simulating real-life team dynamics

Communication Skills: Developing clarity, precision, and encouragement when giving instructions
Empathy and Emotional Intelligence: Understanding the perspective of team members and supporting them
Teamwork and Trust-Building: Strengthening relationships and demonstrating reliability as a leader

Active Listening
Powerful Questioning

SAQ - Questioning Skills -
TAQ Team Performance

Collective Thinking and Solutions: The Bean Jar

To demonstrate the value of teamwork and collective decision-making in problem-solving
To help students develop critical thinking and negotiation skills while working collaboratively
To emphasize the importance of consensus and shared responsibility in achieving accurate outcomes

Teamwork and Collaboration: Learning to pool ideas, negotiate, and arrive at a group consensus
Critical Thinking: Analyzing individual and collective guesses to improve accuracy and make informed decisions
Communication Skills: Sharing ideas effectively and building agreement among group members.

Empowerment through
Positive Reinforcement,
Guided Self-Reflection

SAQ Learning to Learn - SAQ
Collaboration Personal
Responsibility - SAQ
Collaboration Working
towards a Resolution - SAQ -
Collaboration and Teamwork -
TAQ Overcoming Potential
Blockers

WORKING
IN
TEAMS

Team dynamics and Strategic Choices: The Planet

To develop students' ability to negotiate and make decisions collaboratively in high-stakes situations.
To enhance critical thinking by evaluating the needs and priorities of a group in a simulated crisis.
To foster communication and teamwork skills, emphasizing the importance of consensus and shared responsibility

Critical Thinking and Problem-Solving: Evaluating information, weighing alternatives, and making informed decisions
Negotiation and Decision-Making: Reaching consensus through constructive dialogue and teamwork.
Collaboration and Leadership: Working effectively in groups, sharing responsibilities, and managing diverse opinions

Powerful Questioning,
Acknowledgment

SAQ - Questioning Skills - TAQ
Sharing of Roles - TAQ Team
Members' Contribution

Creative Collaboration: The Blanket

To strengthen teamwork by encouraging students to collaborate to achieve a shared physical task
To develop problem-solving and communication skills in a challenging and dynamic setting
To build trust and emphasize the importance of collective effort in overcoming obstacles

Teamwork and Collaboration: Working together to achieve a common goal, relying on collective input and cooperation
Problem-Solving Skills: Thinking critically and creatively to develop strategies for completing the task.
Trust and Empathy: Building confidence in team members through mutual support and understanding

Challenging Assumptions,
Active Listening

SAQ Critical Thinking
Evaluating Ideas - SAQ Critical
Thinking Understanding and
Analysing Links between
Ideas - SAQ Critical Thinking

Innovative Teamwork and collaborative judgement: The Egg Drop Challenge

To enhance problem-solving and decision-making skills by encouraging students to develop innovative and practical solutions
To foster teamwork and collaboration in completing a shared task with creative input from all members
To improve communication and presentation skills by requiring teams to explain and justify their designs

Problem-Solving Skills: Generating, evaluating, and implementing creative solutions to protect the egg
Collaboration and Teamwork: Sharing ideas, dividing responsibilities, and working together to achieve a common goal
Communication Skills: Articulating ideas and presenting solutions effectively to the group goal.

Visualization/Visioning,
Acknowledgment

SAQ - Questioning Skills



Leaders in the making

Syllabus

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**Learning to Learn:
The Learning Toolkit**

To help students develop self-awareness about their preferred learning strategies and areas for growth
To empower students to build a personalized toolkit of strategies to enhance their learning process
To encourage experimentation with diverse learning methods to discover what works best for them.

Self-Awareness and Reflection: Recognizing individual strengths, weaknesses, and learning preferences
Strategic Thinking: Selecting and applying appropriate strategies for different learning tasks
Adaptability: Experimenting with and adopting new methods to improve learning outcomes
Collaboration: Engaging with peers to share and learn from diverse perspectives

Championing, Naming It SAQ Learning to Learn

**LEARNING TO
LEARN,
SOCIAL
RESPONSIBILITY
AND EMPATHY**

**The Community
Impact Planning**

To cultivate students' sense of social responsibility by identifying and addressing a community issue
To enhance teamwork, critical thinking, and problem-solving skills through collaborative planning
To empower students to take initiative and create actionable solutions to benefit their community

Empathy and Social Awareness: Understanding community needs and considering diverse perspectives
Collaboration and Teamwork: Engaging with peers to brainstorm and develop impactful solutions
Critical Thinking: Analyzing problems and identifying realistic, effective solutions.
Responsibility and Initiative: Building a sense of accountability for societal well-being and taking proactive steps toward change

Sensing Statements, Bottom-Lining SAQ Emotional Development Empathy and Relationship

**Fostering
acknowledgement:
The Appreciation
Corner**

To cultivate a positive team environment by encouraging students to express gratitude and acknowledge each other's contributions.
To enhance emotional intelligence and interpersonal skills through meaningful appreciation and recognition
To strengthen team bonds and promote a supportive and collaborative culture

Empathy and Social Awareness: Recognizing and valuing the contributions and efforts of team members.
Communication Skills: Learning to articulate gratitude and provide meaningful recognition effectively
Collaboration and Team Bonding: Building stronger interpersonal relationships and fostering trust within the team
Emotional Intelligence: Developing awareness of the impact of positive reinforcement on team dynamics

Acknowledgment, Championing SAQ Emotional Development Empathy and Relationship - SAQ Emotional Development Identifying and Understanding Emotions - SAQ Emotional Development - Managing Own Emotions

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5	The uniqueness of your team: The Team Name	<p>To foster a sense of identity and cohesion within the team by collaboratively creating a team name and acronym.</p> <p>To develop creative thinking and teamwork skills through a shared exploration of the team's strengths and values</p> <p>To build communication skills and a foundation for collaboration by articulating and aligning on a unified team identity</p>	<p>Teamwork and Collaboration: Encouraging mutual understanding and shared responsibility in defining the team's identity.</p> <p>Creative and Critical Thinking: Generating and refining ideas to create a meaningful and representative team name.</p> <p>Communication Skills: Effectively articulating individual and collective strengths to build consensus.</p> <p>Self-Awareness: Reflecting on personal contributions and qualities that strengthen the team</p>	Visualization/Visioning, Positive Reinforcement	SAQ Collaboration Personal Responsibility -TAQ Sharing of Roles - TAQ Team Performance
	Creating your team vision: Start with Why	<p>To help students define their team's purpose and articulate a clear, shared vision for their work.</p> <p>To encourage critical thinking about the motivations and values that guide their collaboration.</p> <p>To align individual and team goals, fostering a deeper sense of connection and commitment to the team's mission.</p>	<p>Goal Setting and Vision Building: Understanding and creating a compelling long-term vision and actionable short-term objectives.</p> <p>Critical Thinking: Reflecting on the team's motivations, values, and desired impact.</p> <p>Collaboration and Communication: Engaging in dialogue to ensure alignment of goals and perspectives within the team.</p> <p>Emotional Intelligence: Recognizing the emotional drivers that contribute to motivation and team dynamics</p>	Naming It, Challenging Assumptions	SAQ Communication
	The Team Values: The Value Wheel	<p>To identify and agree on core values that define the team's identity and guide their decisions and actions</p> <p>To foster collaboration and respectful dialogue in prioritizing shared values</p> <p>To strengthen team cohesion by building mutual understanding and establishing a foundation for future collaboration</p>	<p>Collaboration and Teamwork: Working together to identify and agree on shared values that represent the team</p> <p>Negotiation and Conflict Resolution: Engaging in constructive dialogue to resolve differences and prioritize values</p> <p>Critical Thinking: Reflecting on and evaluating personal and team beliefs to make meaningful choices</p> <p>Empathy and Social Awareness: Understanding and valuing diverse perspectives within the team</p>	Metaphors, Sensing Statements	SAQ Social Responsibility - TAQ Team Members' Contribution - TAQ Shared Values and Team Purpose

INITIATING PROJECTS