Saints Leaders - 10-Week Schedule

A clear pathway from personal development to leadership, careers and event delivery

Week	**Session 1** – Virtual session	**Session 2** – In-person session	Main Focus
1	👋 **Welcome to Saints Leaders** Ambitions, strengths, expectations & introduction to sport careers	🔍 **Discover Yourself** Strength's assessment, goal setting & personal development plan	*Who am I and what do I want to achieve?*
2	💪 **Leadership & Confidence** Great leadership, resilience & growth mindset	🤝 **Leadership Challenge** Team challenges, communication & problem-solving	*What makes a great leader?*
3	🗣️ **Communication & Professionalism** Communication, body language & professional behaviour	👥 **Leading Others** Practical leadership activities & scenarios	*How do I lead and communicate with others?*
4	🤸 **Introduction to Coaching** Session structure, demonstrations, questioning & feedback	🎯 **Coaching Workshop** Plan and deliver your own mini-session	*How do I coach effectively?*
5	🏅 **Qualification courses** Participate in and gain qualifications	📋 **Community Event Preparation** Teams, roles & preparation for the event	*Building practical skills & experience*
6	🏋️ **Personal Training & Health/Fitness** Training principles, wellbeing & introduction to PT	🎤 **Health & Fitness Speaker**	*Understanding health, fitness & the industry*
7	🎓 **Your Future** University, college, apprenticeships & careers	📝 **Applications Workshop** CVs, personal statements & applications	*What are my next steps?*
8	🌟 **Meet the Industry** Guest speakers & role models	💼 **Mentoring & Mock Interviews** Applications, CVs & careers support	*Preparing for the world of work*
9	📣 **Event Management & Community Leadership** Planning, budgeting, risk assessment & marketing	🏆 **Project Planning** Teams design their community sports event	*Planning our own event*
10	🚀 **Deliver & Lead** Participants run their community event/session	🎓 **Launch & Graduation** Reflection, portfolios, feedback, certificates & next steps	*Deliver, reflect & celebrate*

The Journey at a glance

WEEKS 1–2	**DISCOVER YOURSELF**	**Strengths → Goals → Confidence → Leadership**
WEEKS 3–4	**LEARN TO LEAD OTHERS**	Communication → Professionalism → Leadership → Coaching
WEEKS 5–6	**BUILD YOUR EXPERIENCE**	Qualifications → Inclusive sport → Health & Fitness → Industry insight
WEEKS 7–8	**PREPARE FOR YOUR FUTURE**	Careers → University/College → CVs → Applications → Interviews → Mentoring
WEEKS 9–10	**PUT IT INTO ACTION**	Event planning → Teamwork → Leadership → Event delivery → Reflection → Graduation

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