



Stepping into Leadership Curriculum

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Overview

This curriculum introduces participants to the foundational concepts and practical skills essential to effective leadership, delivered over 25 weekly sessions. The course guides individuals through self-leadership, emotional intelligence, active listening, effective communication, empathy, conflict resolution, and resilience. Participants explore transformational leadership, clarify their personal vision and values, and build the critical skills needed to navigate change, manage stress, and foster team dynamics.

By the conclusion of this program, participants gain the confidence, clarity, and competence needed to step into leadership roles, empowered to positively impact their workplaces and communities.

Topics Include:

Transactional vs. Transformational Leadership

Personal Vision and Values Clarification

Self-Leadership and Emotional Intelligence

Active Listening and Communication

Drama & TED Triangles and Non-Violent Communication

Empathy and Inclusive Leadership

Conflict Resolution and Crisis Management

Managing Vulnerability, Stress, and Building Resilience

Effective Team Dynamics

Change Management and Adaptability

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