



# Stepping into Leadership Curriculum

Prefer a printable version? [Download the full curriculum as a PDF](#)

## 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***

[Download Curriculum \(PDF\)](#)