Personal and Leadership Coaching Programme

Ages 14 - 18+

Understand your strengths and weaknesses through the use of technology-driven assessments and personalized coaching.

Description

This program is designed to help high school students understand their strengths and weaknesses through the use of technology-driven assessments and personalized coaching.

The program is a blend of behavioural and professional coaching to prepare students for future academic and career challenges. DISC is a behaviour assessment tool based on the DISC theory of psychologist William Moulton Marston, which centers on four different personality traits.

The DISC assessment examines how an individual ranks in the four areas of behaviour.
Designed for both individuals who want to identify and maximize their strengths and motivators. Our assessment offers personality tests that provide participants with insights into their own behaviour and personality styles.

Date

29 June 2024

Duration

2 Month course (8 weeks)

Programme Outline

- *Week 1: Self-Awareness and Assessment*
  Objective: Establish a baseline understanding of each student's strengths and weaknesses.

- *Week 2: Developing Strengths*
  Objective: Focus on leveraging and enhancing students' identified strengths.

- *Week 3: Addressing Weaknesses*
  Objective: Develop strategies to improve areas of weakness.

- *Week 4: Peer Support and Group Activities*
  Group discussions to share challenges and solutions.

- *Week 5: Integration and Future Planning*
  Objective: Integrate learned strategies into daily routines and plan for future development.

- *Week 6: Final Review and Feedback Review and Feedback*

- *Week 7-8: Post-Program Follow-Up*

Meeting Time

2 Weekly check-ins

Cost

R2850.00

Payment is due in full before the programme begins on the 29th June 2024.

Who can join?

Ages 14 - 18+

Programme Requirements:

Students will have access to the following Tools and Technologies

- **Strengths and Weaknesses Assessment Algorithm:**
  A tech-based assessment tool that uses quizzes, psychometric tests, and data analytics to evaluate students' strengths and weaknesses.
- **Personalized Coaching:**
  Weekly tasks, track progress, and provide feedback.
- **Communication Platform:**
  Tools like Zoom, Google Meet, or Microsoft Teams for virtual coaching sessions.

Students Responsibilities:

- Attend weekly sessions
- Must have a computer and Data

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