

LEADERSHIP TRAINING PROGRAMME

Introduction

The Leadership training programme was held in 3 days at St. Lawrence College and Lake Moogerah. Our instructors, Roy and Tony were in charge of the programme.

Definition:

Leadership is the ability to create a safe, supportive and encouraging environment which enables people to do their best.

In the training, we played different kinds of games, including problem solving games, trust games, self-confidence games, and teamwork games. After each game, we had to think of the progress of our performance in the game and discuss how we can do it better.

The following are some of the games that we have played.

Balancing the Big Seesaw

All of us had to stay on the big seesaw and balance it as long a time as possible. We first arranged people to stand on the both sides of the big seesaw according to their weight. Then we changed the positions of people. We spent much time but we still



couldn't balance it. We were disappointed but we never gave up! We tried to sit on the seesaw and leave 4 people standing on the corners. The seesaw was balanced for 5 seconds! However, we were not satisfied with that. We thought that we could do it better. During the last time we tried, we balanced the big seesaw for 50 seconds! We broke our record again!

Getting through the net

We were a team in a factory. We had to pass through the net without touching the strings of the net for 3 times otherwise the government would close the factory. Each hole could be passed once. We planned and tried to move people through the net. At the beginning, it was quite easy to move the members through the net because they all got through from the bigger holes and they were slim.

Five people left. We found that the holes were too small. We did try but we touched the strings more than 3 times. So we had to try it again. We did it carefully and we succeeded!

Conclusion

This programme is a unique opportunity for us to explore new horizons, realise our potential, enhance self confidence, develop personal and leadership skills, learn about effective teamwork as well as different cultures, lifestyles and social environments and make new friends. We did benefited a lot from the games. It gave us some insights of our lives.

We would like to express our heartfelt gratitude to Mr. McDonalds, the Principal of St. Lawrence College for providing a place for the training programme, Roy and Tony for their patience and guidance throughout the training programme.

