



Day 2:

Trust Games and Group Interaction

Through interactive and innovative games, we came to know more about the essence of leadership. We realize the importance of the process rather than the outcome. The main concern of a leader is to care about the relationships among team members rather than his personal achievement.



These inspirations were drawn during the de-briefing after each game, when we discussed and reviewed our performances with the four principles.

One of the games is to lift up a groupmate by other members to mid-air and slowly swing him down to the ground. At first some were scared . But after the encouragement and support(both physical and mental) given by all other groupmates, the task was completed with great joy and comfort!

Day 1:

Self Confidence

The first day is basically an introduction to the main issues about 'leadership'. The main theme is to establish four principles which we all have to apply during the course. They are: Safety, Respect, Feedback and Participation. We discussed the definitions and conditions of the four principles and tried to adhere them to every activities we have done.

Day 3:

Excursion Day

It was the third lesson of the leadership training course. We changed the location on this day. Alan, our instructor, brought us to the Rocky Creek-Ropes and asbeiling centre. We had chance to stand on and walk on a log of wood . We also had an exercise in muddy pool. Through the activities, we learnt how to solve the problems under very difficult situation. We learned to cooperate with each other. We were motivated by our team sprit as well. It was a valuable experience for all of us this day.





Happy Birthday!!

You would think it is simple and easy to line up ourselves according to our birthday . But how about doing that on a single log and all of you have to restart if any one of you fall down?

This task required our patience and care very much. We have to move slowly and carefully or we would fall off easily.

Emu Run

Have you ever faced an emu which is much taller and bigger than you? Have you ever run together with an emu which is one of the fastest runner in the nature?

Our first task was guiding an emu to go from one pastoral area to another. But what we had to do first was to overcome our fear of a big bird! (Many of our girls were afraid of birds.)

We held hand in hand to form a human fence to stop the emu from escaping. We paused when the emu paused. We ran fast when the emu ran fast. We had to move fast but calmly. Otherwise, the emu would get frightened , knock down the human fence and run away.

Luckily, we did it finally!

It was not only a physical test but also strategy demanding. At the beginning, we just focused on changing places. We did not notice that it was tired for all of us as we were standing on that 'dangerous' log. The frequency that we fell down was so high as we kept on re-starting by standing on it again. We used up much of our energy. Being hinted by our instructor, we found that we could sit down on the log comfortably and change position one by one.

After falling down for many times and trying again and again , we did it!



Walking on a cable wire

Our task became more and more challenging. This time we had to walk pass a route which comprised several sections of cable wire. The wires were mounted 40 cm above the ground. Again, if any one of us fell down, all of us had to restart.



This game aimed at training our cooperation and communication skills. There were limited handrails and pillars to support us. It was very difficult to balance oneself on such situation. So we must help, trust and support each other. Otherwise, we would never get to the end of the wire.

We failed and restarted many times. We were tired when we were 'hanged' on the mid of the wire while groupmates



at the front were exploring way to go.

But we insisted. We failed and tried and failed and tried. We got frustrated when we were obstructed at the halfway on the route. But we refused to give up. We encouraged each other by cheering up. Our team spirit helped us to get over this task.

Mud pool

For the whole day's program, climbing out from the mud pool must be the most unforgettable activity. There is hardly any words that could describe the experience with the mud pool. Muddy, wet, cold, exhausted, full of joy and interest.

The target we need to fulfill was : we must first slide into a four-meter deep muddy pool, and then we have to work in group to help each other to escape from the pool. The objective was to enhance team spirit and creative thinking.

At first everything went smooth, fourteen of us came out of the pool easily. With lesser support at the bottom, the last two members could not climb out. So the rest of us form a ladder by standing on each other's shoulder to help. The rescue team successfully got one more member out. But two members fell into the pool again. After some time our instructor suggested us to use a rope for rescuing the last member.



All of us, included the one in the pool, refused the suggestion as we did not want to give up. With the thought of never giving up, we finally thought of using a pair of jeans to help, and the last members eventually climb out of the pool.

Even though we were all covered by mud and we got cuts, we still thought it was a memorable experience as we could accomplish the target by ourselves.



Day 4: **Goal of Life**

This lesson was about life and goal. We need to think about our present, past and future. Alan gave us papers for drawing a picture about our past and imagined the future. Then, we also needed to write down something that we wanted to achieve later. They included the obstacles and something helpful in our life. More importantly, we were required to think of ways to achieve our goals. After that, we shared with each other. Through the sharing, we could know more about the past of our group mates.

Day 5: **You're ok I'm ok**

Alan introduced an activity to help us know ourselves better. 'You are ok, I am ok', 'you are not ok, I am ok', 'you are ok, I am not ok', 'you are not ok, I am not ok'. These four scenarios were about the situation that we had in our life. As a leader, we needed to reflect ourselves and observe the surroundings more. Then we talked about the sex roles and stereotypes of the people. Through discussion, we could find out more about ourselves and others. It also helped us to be a good leader in the future.

That was all we had in the leadership training course. Through these five day workshops, we came to understand more about ourselves and learnt to be a leader.