

WOMEN'S OUTDOOR LEADERSHIP COURSE 2023

WHAT WILL WE DO?

The course takes place Monday to Friday and will generally run from 9am – 5.30pm, involving some later finishes and evening sessions to maximise learning.

The majority of the course will be run from the Loch Eil Centre where you will be based, with one week's travel to visit another centre. A few additional week days off are built into the programme to allow you to make the most of the area for your own development and / or do whatever you need to recharge and continue learning effectively.

Below is an outline of what to expect (order may change!):

Week	What's Happening?
1	Experiencing Outward Bound <i>Course set up, Expedition, Introductions – people, process, places.</i>
2	Water Skills Week/Psychology Input <i>Consolidating canoe & kayak skills. Technical and Leadership inputs.</i>
3	Group Experience <i>Shadow/support an OB group, reflection on leadership approaches.</i>
4	Mountain Skills and Leadership <i>Consolidating ML & RCI skills. Technical and Leadership inputs.</i>
5	Group Experience <i>Get involved leading an OB group alongside another instructor.</i>
6	Decision Making in the Outdoors (Aberdovey Centre, Wales) <i>Workshop and Adventure Days exploring good decision making.</i>
7	Going Solo – Exploring the gendered landscape <i>Themes in female leadership, solo experience.</i>
8	Group Experience <i>Build on experience leading a group alongside another OB instructor.</i>
9	Individualised Learning Week <i>Identify goals, land and water opportunities (decided by participants)</i>
10	Applied Learning and Celebrating Success <i>Land and water exped, participant led inputs, celebration</i>