

Rise Leadership Programme

Leading-Self

Pre-course Activities

Introduction

The following activities are designed to help you prepare for the RISE Leadership programme. You don't have to do them all in one go (or spend too long doing them) but we ask that you try to complete them as best as you can.

Please bring a hard copy or digital version of your completed activity booklet with you. You will have opportunities to share your reflections captured here with your peers during the workshop sessions and on dedicated online forums.

Activity 1: Leadership: from theory to practice

Part 1

How would you define "leadership" in your own words?

Part 2

Go on a walkabout to observe 'acts of leadership' in your Union and your Institution.
What does leadership look like to you? Where does it take place?
Who is leading? Who is following? Who is benefitting? Who is missing?

Make some brief notes below based on your observations.

Activity 2: Reimagining Cultural Capital

Part 1

Think of an object or experience from your ethnic and/or cultural background that has contributed to you becoming the leader you are today (or aspire to be).

Describe or insert a picture of your example in the box below. (Feel free to add this picture to your profile on 'Workplace' if you would like to)

Part 2

Read: Warren Bennis and Robert J. Thomas. 'Crucibles of Leadership' *Harvard Business Review* (September 2002 issue), available at:
<https://hbr.org/2002/09/crucibles-of-leadership>

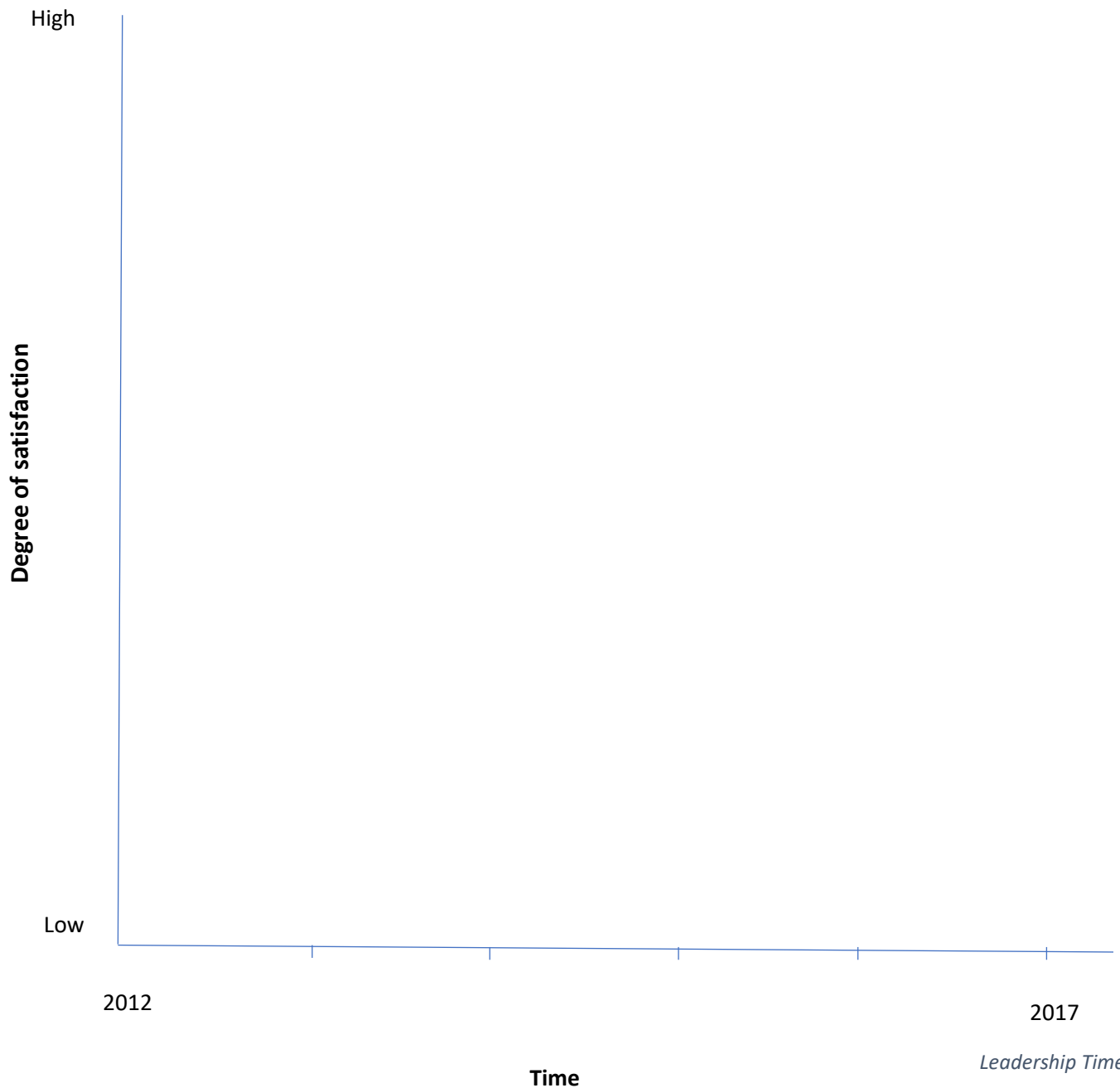
Think about a leadership crucible you experienced in your life or career. Drawing on the article, how did your crucible shape you as a leader?

Activity 3: Leadership Timeline

Part 1

On the graph below plot 3 leadership highlights from your career over the past 5 years.

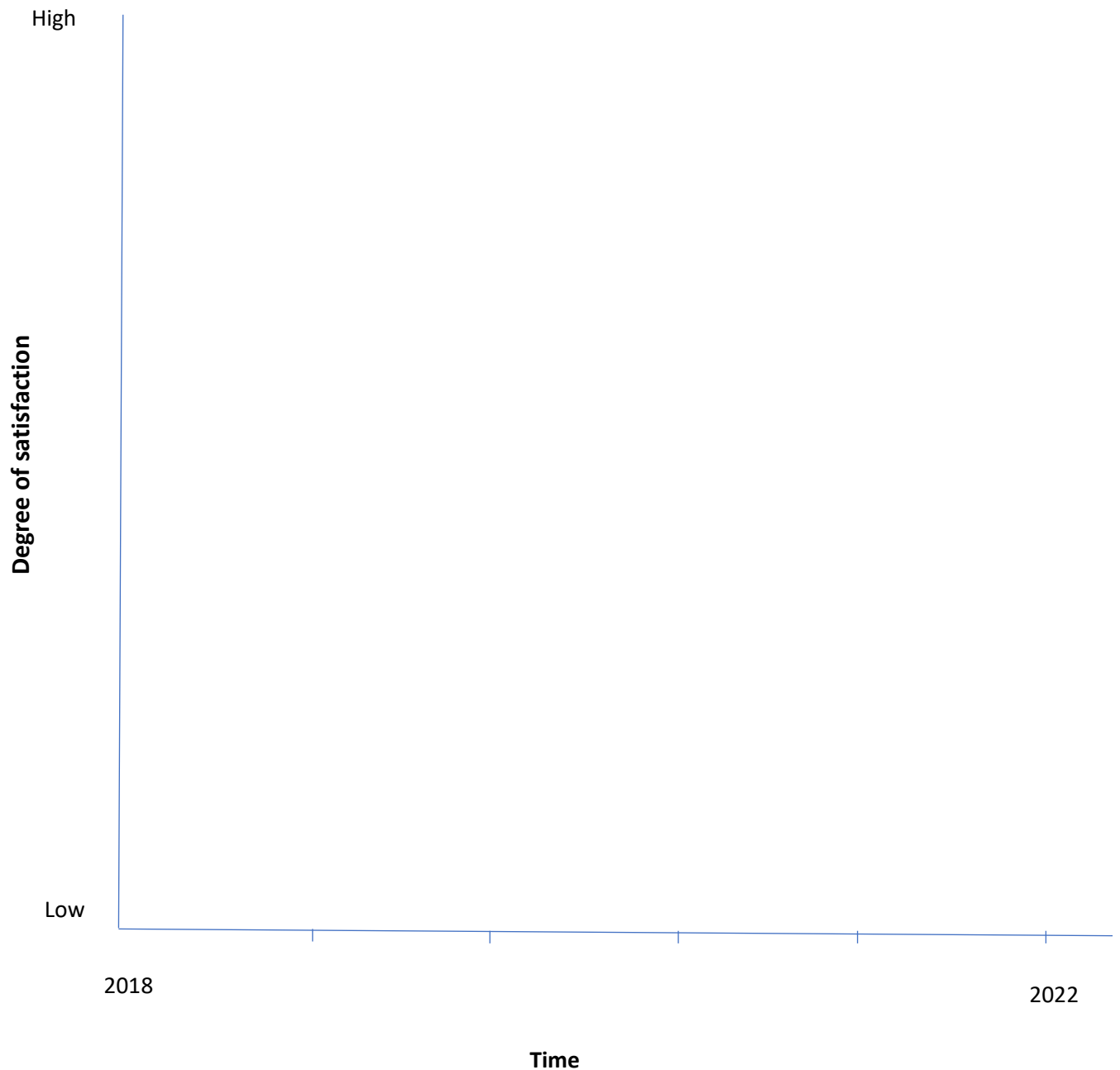
Now use a different colour (or symbol) to do the same from your personal life.



Leadership Timeline 1

Part 2

What do you want this time line to look like in another 5 years? Use the graph below to plot 3 career goals and 3 personal goals you aim to achieve by then.



Leadership Timeline 2

Activity 4: Wellbeing

You day job and the stresses and strains of life won't suddenly disappear while you are a RISE participant! How will you take care of yourself so that you can make the most of the programme? List up to 3 things:

1.

2.

3.

Thank you for completing these activities - we hope they got you thinking!

*A leader sees greatness in other people.
He nor she can be much of a leader
if all she sees is herself.*

Maya Angelou