

The Peer Leaders workshop develops key life-skills that students can apply in their personal, academic and professional lives.

**Topics Covered:**

- The importance of wellbeing
- Communication skills
- Conflict resolution
- Ethical dilemmas & problem solving
- Leading with empathy
- Identifying and developing support networks
- Stress management & self-care
- Applying skills in real-life contexts

**Included:**

- Training sessions
- All student resources
- Certificate of completion

**Course Duration:**

Eight hours, conducted as two four-hour sessions.

**Designed For:**

Secondary and tertiary level students.



# Peer Leaders

## Positive & Practical Life Skills for Young Leaders

Peer Leaders is a two-day workshop designed to empower students as young leaders by strengthening emotional resilience and developing key interpersonal skills.

With a focus on wellbeing and self-development, students will gain an understanding of the importance of creating and maintaining strong and healthy relationships and how to practically apply that knowledge as leaders.

The course can work as part of a pastoral care programme or independently. Key benefits include:

- Students develop a soft-skill set sought after by employers that they can continue to develop and use in all aspects of their lives.
- Role models for the student body and a source of support for peers from those that understand the challenges they face.
- Improved mental health and wellbeing leading to an environment more conducive to learning which, in turn, leads to improved academic results.
- Create a positive and long-lasting cultural change by equipping students with skills that can be applied for the benefit of all.