



Y-Dub Inspires Programme **Course Outline Term 2 2015**

MONDAY 27th April– INTRODUCTION YWCA at 4pm and be picked up at 6pm

Meet and greet and get to know each other!!! We will play some name games and do some icebreakers just to help ease everyone into the course. We will also talk about all the fun things we are going to be doing throughout the term and set the tone. Afternoon tea will be provided. [Please bring water bottles to each session.](#)

MONDAY 4TH MAY– Leaders Inspire YWCA 4pm-6pm

Discuss what leadership is and the difference between a positive influence leader and a negative one. *What kind of leader do you want to be?* We will also talk about emotional intelligence here and the importance of this. We will be doing lots of games and initiatives so come prepared!!!

MONDAY 11th May– SPEAK UP! YWCA 4pm-6pm

This session we will discover how effective communication is helpful. Learn ways to handle passive, passive aggressive and aggressive tones/attitudes and give this a go first hand. We will discover conflict resolution skills and how to give and receive feedback. All the while playing many games and activities!

MONDAY 18th May– Jump!! Meet at 138 Ellis Street at 3.45pm – 5.30pm

Jump! An Indoor Trampoline Park! We will be building on teamwork, comfort zones, supporting each other and taking the lead at a new opportunity. Wear comfy clothes and get ready to jump around!! Make sure you are on time please☺

MONDAY 25th May – PROJECT Y-DUB YWCA 4pm-6pm

This will be a whole session dedicated to the planning and creating of a project that the girls as a whole will inspire. This is time for brainstorming, questions, working it out and discovering a great idea!

MONDAY 1st June– PROJECT Y-DUB YWCA 4pm-6pm

This will be time in order to get advertising ideas, day set-up and the overall plan more or less confirmed.

MONDAY 8TH June– PROJECT Y-DUB YWCA 4pm-6pm

This is the final session to get all the finer details organised and get ready to enjoy the project!

SATURDAY 13th June – PROJECT Y-DUB DAY

The girl's hard work comes to fruition. The girls will host their project and we will end the day with a minor debrief of the project and get ready for our last day of celebration together.

MONDAY 22nd June– END OF TERM CELEBRATION YWCA 4pm-7.30pm

We will be celebrating our accomplishments by going out for dinner and awarding the girls who are graduating from the programme with certificates!