

# MIRROR Leadership Training



## Workshop 5 – Assertiveness and Leadership Skills

The course that switches you onto politics  
Creating leaders for the future



# What leaders do you know about

- Group activity
- Shout out (1 at a time)
- The famous leaders you know about
- Who are they?
- Why are they famous?



# What makes a great leader?

In pairs discuss what makes a great leader

- Skills - what can they do?
- Qualities – what makes them special?
- Experience – what have they done?

Feedback and record on flipchart





# Ways to build leadership skills

- Develop your communication skills
- Learn to share ideas
- Respect other people's views
- Learn to motivate other people



# What is assertiveness

## Group activity

- Shout out 1 at a time
- What do you think assertiveness means ?
- Ideas will be written on the flipchart



# Assertiveness means

- Understanding what you want to happen
- Offering a solution
- Not upsetting other people



# Assertive communicators

- State their needs clearly
- Listen without interrupting
- Have good eye contact
- Have relaxed body posture
- Feel in control





# Assertiveness role play

- Role play different situations where you might want to be assertive
- It takes practice to be confident and assertive



# Leadership styles

There are different types of leadership styles

- Delegating – sharing out jobs
- Supporting – helping other people to participate
- Coaching – developing other people's skills
- Directing – telling other people what to do



# What type of leader would you like to be?

- Group discussion
- What are you good at?
- What skills would you need to learn?



# Your project

Have you decided on your project?

- In pairs discuss your projects
- Look back at the work you have done so far
  - Buring issues
  - If I ruled Wales
  - Brickwall
- Feedback to the group



# Feedback

It would be great to hear from you

Please let us know how useful you found this training and send any other comments to:



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