**Foundations for Leadership Course**

**Programme Aim**

To provide participants with an understanding of the role and responsibilities of being a manager at KFRS, and to develop knowledge of leadership and management behaviours that engage, motivate and connect others to our organisational purpose and objectives.

**Intended learning outcomes:**

1. Describe the role and responsibilities of being a manager at KFRS.
2. Give examples of role modelling behaviours that promote professional standards and ethical conduct.
3. Identify methods to build reflective thinking skills that increase self-awareness.
4. Compare the difference between a growth mindset and a fixed mindset.
5. Appreciate how inclusive working practices value difference and diversity.
6. Explain how to task others effectively, using the principles of the situational leadership model.
7. Know how to set goals and communicate feedback to enhance performance.
8. Develop awareness of communication skills that help others to grow and develop.
9. Build personal resilience by identifying own ideas for healthy living habits.
10. Gain awareness of how to support other people’s wellbeing at work.