

## Understanding Leadership

### INTRODUCTION

This course addresses the skills of Leadership and Team Development. This practical course enables delegates to practice skills they learn within the course to enable them to develop their own effective styles. This course will develop knowledge and understanding of different leadership styles and behaviours that can be found in the workplace. This course will also identify individuals own preferred leadership styles and the impact this can have on behaviour of team members.

### COURSE OBJECTIVES

- By the end of the course, delegates will:
- Understand leadership styles
- Understand leadership qualities & review own leadership qualities and potential
- Describe factors that will influence the choice of leadership styles of behaviours in workplace situations

**COURSE DURATION:** 1 Day Course

Equivalent to ILM Level 3 unit  
Value of 2 Credits

### COURSE CONTENTS

Qualities of leadership

Roles and Responsibilities

Differences and Similarities between Leadership and Management

Leadership Models

Leadership behaviours and sources of power

Identification and Development of personal leadership styles

Trust and Respect in effective Team Leadership

Qualities of effective teams

#### Personal Development Action Plan

*Throughout this course there will be a number of practical exercises carried out which will enable delegates to put into practice most of the theory covered*

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