

LEAP – Elevate Your Leadership Journey

Hour	Focus Area	Learning Outcome (LO)
1-2	Leadership Styles & Self-Awareness	Identify and reflect on personal leadership styles
2-4	Team Building & Collaboration	Strengthen collaboration and trust within teams
4-6	Stress Management & Resilience	Master tools to manage stress and maintain well-being
6-7	Productivity & Efficiency	Learn practical methods to maximize efficiency and achieve goals
7-8	Action Planning for Leadership	Develop a personalized leadership action plan for ongoing growth