



ULTC Sydney

## Personal Leadership & Life Skills Program for Youth

*“When a youth can honestly say, “I am the leader of myself” they naturally become leaders of their peers and are less likely to be swayed by peer pressure.”*

ULTC is a holistic life skills training program for youth from age 10 through 18 years that facilitates the learning and development of life skills essential to excel in whichever path they choose in life. The concept of ULTC program is the learning of skills through experienced facilitator led interactive session with high level of member participation. The unique feature of the ULTC program is that it provides members opportunities for continual learning and hands on practice throughout the sessions.

The key Benefits that have been evident are,

- Increase self-esteem and self-confidence
- increase willingness to speak up & voice opinion
- Overcome reluctance to participate in group/school activities
- increase ability to deal with peer pressure

### ULTC Program outline

Built on a foundation of effective communication (result oriented communication), the Program facilitates the learning and development of self-improvement techniques, personal development and personal leadership skill. The Program consists of four units, delivered over two terms of eight two-hour sessions per year;

#### ***Module 1 – Fundamentals of Effective Communication***

Members learn how to create, structure and deliver with lasting impact an effective speech or presentation, and the techniques to capture and continually engage the attention of the audience.

#### ***Module 2 – Personal Development - Effective Communication & Self-Improvement***

Whilst continuing to practice their skills in Effective Communication and Public Speaking, members learn about personal leadership through effective time management techniques, techniques on how to use personal development plans and vision boards to succeed in achieving their goals, and participate in problem solving and trust building team activities.

#### ***Module 3 – Introduction to Personal Leadership***

Members learn about what is involved in personal development leading to personal leadership. They will learn to set SMART goals and how to use personal development plans and vision boards to succeed in achieving their life goals

#### ***Module 4 – Advanced Personal Leadership skills and Introduction to Professional Skills.***

Members learn advanced communication skills and other corporate skills, and learn about choosing a career path, identifying their ‘Transferrable Skill’ & creating an effective resume and the techniques to prepare for and undertake job interviews successfully.