



Prefect Training

The UK training side of **Wilderness Expertise** is a **non-profit making** organisation dedicated to the personal development of young people. We have purposely remained specialised as a company so that we can maintain strong relationships with our clients and guarantee high quality programmes.



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| Aim: | This course is designed for young people to reflect on the role of a Prefect and develop the skills required to manage and lead peers and students. The training day focuses on developing leadership, communication, empathy, task achievement and team building skills. |
| Activity Description: | The programmes will include brief lectures, video clips, group discussions and reviews, cerebral and physical challenge tasks both indoors and outside. |
| Number of days: | 1 or 2 days. |
| Venue: | Either at the client's premises or offsite at a suitable venue such as an activity site, campsite, local park or sports ground. |
| Role of Liaison Teacher: | To provide support and pastoral care of the students during the programme and provide transport for the students if required. |
| What does Wilderness Expertise provide? | <ul style="list-style-type: none">➤ Fully qualified and experienced trainers.➤ All specialist equipment.➤ Pre-course information and all risk assessments for activities.➤ 24hr back up support.➤ Liability insurance.➤ AALA license. |
| Sample cost: | £30 per student per day (for a detailed quote please just call us). |

**Sample Prefect training day**

| Time | Activity | Methodology | Learning Outcome |
|-------------|--|------------------------------------|---|
| 0930hrs | Introduction to students Review pre-course questions | Discussion | Aims and objectives clarified |
| 1000hrs | Why do Prefects exist? Concept of safe, supportive environment Role of staff, Prefects and students Skills the Prefects need | Workshop & sub group presentations | Understand what makes a safe, supportive environment Clarify acceptable behaviour Understand the roles of Teachers, Prefects and students Appreciate the skills required by Prefects |
| 1020hrs | Skill - Empathy Needs of the Teachers / Students | Open floor | Understand the needs of people |
| 1030hrs | Skill - Trust Importance of trust | 3 practical tasks | Appreciate the importance of trust Understand how trust is gained |
| 1130hrs | Break | | |
| 1145hrs | Skill - Respect Who is respected? Why are they respected? | Open floor | Appreciate the importance of respect Understand how respect is gained |
| 1200hrs | Supporting Learning Learning to juggle | Juggling balls | Demonstrate giving support and providing safe environments. Practical application of empathy, trust and respect. |
| 1215hrs | Learning needs Summary of morning | Discussion groups | Appreciate everyone has different learning needs. Underline the importance of reviewing. |
| 1230hrs | Lunch | | |
| 1315hrs | Energiser Skill - Management | Workshop DVD clip Role play | Develop management skills through discussion and practical application. Listening skills, conflict resolution, de-energising issues, boundaries of your responsibility. |
| 1415hrs | Practical tasks Task achievement flow diagram | Outdoor tasks | To put together all skills learned to date in practical tasks. Concept of good teamwork. effective communication, planning and the use of resources. |
| 1515hrs | Summary of Prefects' Role Management styles Getting advice | Workshop | Understand management styles Concept of when and where to get advice |
| 1530hrs | Course conclusion and debrief | Discussion groups | Evaluating what has been learned. Assessing if aims of day have been reached. Post course action plan. |

**Wilderness Expertise believes in developing potential.
We look forward to working with you in the near future...**