

# EMPOWERING: LEADERSHIP, MANAGEMENT, TEAMWORK AND POSITIVE THINKING

**Course Duration:** one week, from Monday to Saturday, 30 hours

**Number of Participants:** Min. 6 – Max. 12

**Course location:** BRAGA and PORTO (Portugal)

## COURSE DESCRIPTION

The Empower course is an immersive and dynamic learning experience that focuses on strengthening your leadership, management, teamwork and positive thinking skills. Throughout this intensive week, you will delve into various aspects of effective leadership, learn essential management techniques, explore the power of teamwork and cultivate a positive mindset. In addition, you will have the opportunity to immerse yourself in the local culture and participate in social and leisure activities.

## LEARNING OUTCOMES

**By the end of the course, participants will:**

- Develop a comprehensive understanding of different leadership styles and their impact on team dynamics and organisational success
- Acquire effective leadership strategies and improve their personal leadership skills
- Explore the importance of teamwork and 21st century skills in a collaborative environment
- Discover how board games can be used as a powerful tool to develop critical thinking, collaboration and problem solving skills
- Gain insights into the host country's education system through visits to public and vocational schools
- Participate in activities and challenges that promote teamwork, problem solving and creativity while exploring the vibrant city of Porto
- Relax and enjoy a scenic boat ride on the Douro River, complemented by a tasting experience of renowned wines from the region



# EMPOWERING: LEADERSHIP, MANAGEMENT, TEAMWORK AND POSITIVE THINKING

**Course Duration:** one week, from Monday to Saturday, 30 hours

**Number of Participants:** Min. 6 – Max. 20

**Course location:** BRAGA and Porto (Portugal)



## PROGRAM

### Day 1 - Monday Braga

09:30 - 12:00 Introduction to the course and presentation of the participants. Structured visit to the European School, which offers an insight into vocational education.

### Day 2 - Tuesday Braga

09:30 - Leadership styles: Explore the different leadership styles and their impact on team dynamics and organisational success. To develop personal leadership skills.

11:00 - 12:00 - Happy school: Mindfulness session and yoga outdoors (weather permitting) at the Ludoteca of Braga, surrounded by nature.

### Day 3 - Wednesday Braga

09:30 - 11:45 - Leadership, teamwork and 21st century skills through board games. Participate in practical sessions of board games at Ludoteca de Braga, promoting critical thinking, collaboration and problem solving skills.

### Day 4 - Thursday Braga

09:30 - 11:30 - Structured visit to a public school (primary and secondary) for a first-hand experience of the local education system. Observation of teaching methodologies and interaction with students and educators.

### Day 5 - Friday Porto

09:30 - 12:30 - Porto Discovery - STEAM outdoor game: Explore the vibrant city of Porto through a series of activities and challenges that encourage teamwork, problem solving and creativity.

### Day 6 - Saturday Porto

09:30 - Cruise of the 7 bridges by Rabelo Boat on the Douro River, with observation of the architecture of the Ribeira do Porto.  
11:30 - Port wine tasting. The importance of oenology in Portuguese culture.

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**Note:** The course programme may undergo minor changes based on logistical considerations and resource availability.