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# The SistersIN Leadership Programme for Pupils



Inspiring Tomorrow's Female Leaders

The world of work is full of exciting career opportunities and almost endless possibilities. However, trying to navigate all of this and having to make decisions now about the future is never easy.

**But don't worry, we're here to support you as you prepare for the next steps after school and provide you with inspiration.**

Our school has elected to be part of the SistersIN Leadership Programme which is designed to support you in navigating your career options and prepare you for the world of work. It's all about helping you succeed in whatever career you decide to follow.

**The SistersIN Leadership Programme was developed to specifically help sixth form girls like you to build your confidence and broaden your career perspectives.**

It is made up of three key elements:

## 1 Leadership Skills Training

Give your leadership skills a boost through a special training programme designed to prepare you for the world of work. The leadership skills training will be taught by one of our teachers with a different subject delivered each week for 10 lessons. Themes include resilience, conflict resolution and communication skills. In addition, SistersIN will partner with external leaders in business to deliver leadership masterclasses.

## 2 Mentoring & Job Shadowing

We will also match you with a female business leader as a mentor, who can offer real-life guidance and support about career options and paths.

Mentors will be sharing their own experiences and insights into their profession and industry. You'll get the opportunity to ask lots of questions and even participate in a job shadow day where you'll be able to get a look behind the scenes and experience what it's like to work in that organisation.

Your mentor will meet with you virtually for 5 sessions which are each 60 minutes long over the 6-month mentoring period. Your mentor will also be able to provide you with support and coaching for your leadership project.

“ In 2020, women held 20.6% of corporate board seats globally

## 3 Leading a project

We want you to gain real-life leadership experience through leading your own project or initiative at school or in the community. This project can be related to a sports activity, science, music or art club, a donation drive or linked to other initiatives like mental health awareness, literacy and exercise. You decide what it will be and how you will run it. Think of something you are passionate about and use this to put into practice the skills you are learning and drive some positive change.



“ There are more CEOs named David at FTSE 100 Companies than women

## Who can apply ?

The SistersIN Leadership Programme is open to anyone in lower sixth who wants to join. We ask that you commit to the programme for 8 months. All the learning modules are delivered within school hours.

For the successful applicants, this is a unique opportunity to gain an insight into the world of work and be supported in developing your leadership skills. To be successful you will need to fully commit to each element of the programme. The application criteria is outlined below, please read through it fully before applying.

## Application Criteria:

- ★ You will need to speak with your parent/s or guardian about the programme and get their permission.
- ★ You must have a clear idea of the project you will lead and have designed an action plan and goals for the project which you will detail in your application. Please also refer to any Child Protection / Health & Safety aspects of the project and how you will minimise any associated risks.
- ★ You should be willing to commit to attending all the leadership skills training sessions delivered in school.
- ★ Be prepared to create and deliver a short presentation at the end of the programme outlining your learnings over the 8 months.
- ★ Actively participate in a 1-1 job shadowing day with your mentor.
- ★ Proactively connect virtually with your mentor 5 times over the 6-month mentoring period.

The application form will need to be completed in full. We will use that information to find a mentor that is a great match for you!

It is not possible to apply for the programme through this website so connect with your careers teacher to see if your school is participating in the SistersIN programme.



### Get in contact:

Website: [www.sisters-IN.org](http://www.sisters-IN.org)

Email: [info@sisters-IN.org](mailto:info@sisters-IN.org)

Only 27% of CEOs are women

### SistersIN

has the mission to enable, empower and develop female pupils across Northern Ireland and beyond to become the leaders of tomorrow; to help them discover their full potential & open new possibilities for their professional journeys by building leadership capability and confidence.