

TRAILBLAZERS • COURSE BRIEF

Life skills and leadership for university students

Handle university life, independence and student leadership.

A life skills and leadership course for university and college students, including student leaders. It helps them manage independence, respond to setbacks and make responsible decisions as they prepare for work.



Conceptual campaign artwork from the supplied programme presentations. Not a photograph of course participation.

Why this course is useful

At university, students manage more of their own time and face new academic, social and leadership pressures. This course helps them practise responding to failure, resisting shortcuts and asking for support while taking responsibility for their choices.

Who this is for

Tertiary students primarily in education, including campus leaders. Employed trainees and articulated professionals belong in Emerging Professionals.

A practical short course from The Greatness Project. It builds life and leadership skills alongside academic or technical education.

CURRICULUM

What you will practise.

Six areas of learning. Each includes a practical exercise linked to the responsibilities participants face.

01 Build confidence beyond grades

Separate worth and purpose from results, comparison and borrowed definitions of success.

In practice: Examine a setback without treating it as a verdict on your future.

02 Manage time and independence

Build routines that support study, relationships and responsible independence.

In practice: Identify how attention, energy and daily choices shape a demanding period.

03 Resist dishonest shortcuts

Recognise shortcuts and practise courage when peers normalise them.

In practice: Work through plagiarism or misuse of campus leadership authority.

04 Handle comparison and social pressure

Explore heritage and competing perspectives while maintaining independent judgement.

In practice: Examine how comparison or a new social environment influences a choice.

05 Respond to failure and uncertainty

Seek support, learn from disappointment and act without perfect information.

In practice: Prepare for graduation using a pressure calendar and support map.

06 Prepare for life beyond campus

Connect learning to service, peer leadership and grounded professional identity.

In practice: Name a contribution now and a lesson for your next chapter.

The examples and emphasis are adapted to the group. The course supplements academic and technical education.

ACTIVITIES AND OUTCOMES

What participants practise and take away.

A guided workshop, private reflection and practical exercises. Follow-up support depends on the option selected.

What happens during the course

Participants work through realistic situations in a guided workshop (Leadership Lab), use a private reflection workbook (Red Sea Journal) and rehearse a responsible response. Guided group discussions (Crossroads Dialogues) and follow-up practice are included according to the chosen option.

Skills and practical tools to take away

- A private reflection workbook linking experience, choices and learning.
- A values and contribution statement.
- A plan for a demanding transition or academic season.
- Rehearsed ethical choices and peer dialogue.
- A support network and application commitments.

What the organisation is investing in

- Complement academic learning with formation for independence.
- Support student leaders carrying real influence.
- Connect graduate preparation with judgement and sustainable contribution.

A situation participants could practise

Failing a module despite serious effort.

Ask: What is happening? What am I assuming? Who could be affected? What is the responsible next step, and who should I speak to?

How results develop

These are skills the course is designed to build. Lasting change depends on participation, practice, support and the conditions people return to. Employment, business and leadership results are not guaranteed.

OPTIONS AND BOOKING

Choose the course and level of support.

Before booking, the proposal confirms who will attend, the dates, facilitators, hours, format and price.

Workshop and next steps - Ignition

A guided workshop uses practical dilemmas and a private reflection workbook to help participants plan their next actions. Workshop length is agreed before booking.

Workshop + 90-day practice - Formation

The workshop is followed by 90 days of practice, guided group discussions, scheduled check-ins and a basic review. Participants apply what they learn in their everyday responsibilities.

Workshop + 180-day support - Stewardship

The workshop is followed by 180 days of deeper practice and agreed support. This can include reviewing progress, helping the organisation use the programme and preparing future groups. The exact scope depends on the course; certification is not automatic.

Who arranges the course

A university, college, polytechnic, professional-education institution or approved youth-development programme commissions the cohort. Group size is agreed before booking.

What this course does and does not include

This is not counselling, academic remediation, career placement or professional readiness certification. Employed trainees and interns belong in Emerging Professionals. Private reflection stays outside academic, disciplinary and recruitment records.

Is this a job-placement service? No. It prepares the person for independence and responsibility. It complements academic study and careers services without promising employment or professional accreditation.

Ask about this course

Email tapiwa@nojobsjustwork.com or WhatsApp +263 772 315 121.

thegreatnessproject.quest/programmes/trailblazers