

Young leader development programme

Tasks and Reflections



Discover and explore empowering leadership

For ages 14-17.

www.girlguiding.org.uk/yldp



Girlguiding



Young leaders make a huge difference to Rainbows, Brownies and Guides.

Take on the young leader development programme – gaining everything you need to be the leader you want to be.

Track your progress below:



**Connecting
your
community**



**Delivering
activities**



**Finding
solutions**



**Getting out
and about**



**Giving girls
a voice**



**Keeping
it kind**



**Knowing
Girlguiding**



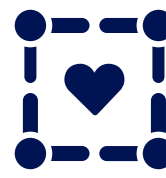
**Looking
after you**



**Planning
your
activities**



**Running
your
activities
safely**



**Supporting
inclusive
spaces**



**Working
with others**

You can get a badge for every 4 modules you complete!



Connecting your community

Aim of the module:

Connecting your community is all about stepping outside of your unit, becoming a community champion and feeling like you're part of something bigger. Meeting other amazing volunteers will help you discover even more ways to make a difference in your local community.

What you'll get out of it:

- Show how your unit fits within Girlguiding and find other brilliant volunteers who can help you as a young leader.
- Take part in an event for the local community where you live.
- Explore and experience ways to connect with other young leaders and Girlguiding members.



Not sure where to start or want to build your confidence first?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.

Name:

Time to get connected! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
Find out about local guiding by going to an event with other local volunteers. For example, a county day, a unit visit, a training event or other activity. Your leader or coordinator can help you work out what you might enjoy and find interesting.		
Take part in a local community activity with your unit so people can see guiding having a positive impact on their area. For example, a litter pick, a community festival or a fundraising event.		
Connect with other young leaders outside of your unit, either face to face or virtually. Share your experiences of being a young leader and think about what you can learn from each other.		
Explain where your unit fits into the Girlguiding structure (think about your local districts, divisions, counties, and country or region). You can annotate the model in the discovery sheet if you like or talk it through.		

Reflection

Think about everything you've done to complete the tasks.

- What did you enjoy?
- What would you like to do again?
- How did you find meeting other young leaders?
- Are there other ways you could connect with your community in future?



Fab!

You've completed connecting your community.

You've got skills in:

- Community awareness
- Organisation
- Communication
- Networking

Want to build on your new skills?

Check out these modules:

- Finding solutions
- Getting out and about
- Knowing Girlguiding

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.





Delivering activities

Aim of the module:

Fun-filled activities are at the heart of a guiding meeting. Practise leading a variety of games, unit meeting activities, skills builders and activities beyond our programme, making sure they're right for the girls in your unit.

What you'll get out of it:

- Explore different ways of leading games and activities.
- Take the lead running different types of activities and reflect on how they went.
- Try adapting activities to make them work for your unit.



Not sure where to start or want to build your confidence first?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.

Name:

Time to dive in! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
Observe all the leaders in your leadership team to see the ways they lead and how they run different activities. Reflect on what you observed.		
Take the lead in running 3 different types of activities and explore where girls can help take the lead: <ul style="list-style-type: none">● 1 unit meeting activity● 1 skills builder activity● 1 non-programme activity Afterwards, reflect on how they went.		
Run an activity where you plan to adapt a key element so it works for your unit (you could ask another leader to support you with which element or elements to change).		

Reflection

Think about everything you've done to complete the tasks and take time to reflect on the activities you ran.

- Did the girls enjoy them? What did they like most?
- What went well? What was difficult?
- What would you change in future?
- Did you learn anything new?



You did it!

You've completed delivering activities.

You've got skills in:

- Facilitation (running activities)
- Taking inspiration from others
- Problem solving
- Decision making
- Evaluating

Want to build on your new skills?

Check out these modules:

- Running activities safely
- Keeping it kind
- Supporting inclusive spaces

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.





Finding solutions

Aim of the module:

As a young leader, there'll be times when you're faced with different kinds of problems. In finding solutions, we'll look at how you can spot potential problems and solve them like a pro!

What you'll get out of it:

- Explore ways to identify common problems that might crop up in a unit.
- Think about what the impact of these problems might be.
- Practise evaluating different solutions.
- Discover how to solve a problem with others in your unit.



Not sure where to start?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.

Name:

Time to get started! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
In your unit, identify at least 1 problem that you could help with. You could get girls to help you choose. Choose 1 and tell your unit leadership team what problem you're going to tackle.		
Break down the problem. Think about the steps you could take to solve this problem or improve the situation. What might happen if you don't do anything?		
With others in your unit, put your problem-solving ideas into action.		
Evaluate your ideas. Did they solve the problem? Or do you need to try something else?		

Reflection

Think about everything you've done to complete the tasks.

- How did you choose the problem to solve?
- Who helped you to find a solution?
- What made your solution successful?
- How would you use your skills to solve a new or bigger problem in future?



Want to build on your new skills?

Check out these modules:

- Planning your programme
- Running activities safely
- Delivering activities

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.

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- An illustration of a person with dark hair, wearing an orange t-shirt with a yellow star, black pants, and a yellow beanie, jumping joyfully. They are surrounded by several colorful stars (yellow, blue, green, pink) and a large yellow star on the ground. To the left of the person is a white rectangular box with a dark blue border containing a list of skills.
- Problem solving
 - Teamwork
 - Communication
 - Evaluation



Getting out and about

Aim of the module:

It's time to go on some adventures with your unit. In getting out and about, you'll discover and explore what the role of a young leader is when you take part in activities outside of your usual unit meeting place.

What you'll get out of it:

- Explore the tools the unit leadership team use to plan getting out and about.
- Understand your role as a young leader when taking girls out of the unit.
- Confidence to take on responsibility when you're out and about with girls.



Not sure where to start or want to build your confidence first?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.



Name:

Time to step out of your unit! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
With your unit leadership team, help plan a trip, adventure or activity outside of the unit meeting place. Explore all the things that need to be done to have a safe adventure.		
With your unit leadership team, share and agree what tasks you'd like to do before and during the outing, then prepare how you're going to do your tasks.		
It's time! Complete all the tasks you've agreed to do for and on the outing.		

Reflection

Think about everything you've done to complete the tasks.

- What were the positive things about getting out of your usual meeting place?
- Did everything go to plan?
- What would you do differently when you plan your next trip?



The adventures begin...

You've completed getting out and about.

You've got skills in:

- Teamwork
- Sharing out tasks (delegation)
- Planning
- Decision making
- Leadership



Want to build on your new skills?

Check out these modules:

- Giving girls a voice
- Working with others
- Running activities safely

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.



Giving girls a voice

Aim of the module:

Giving girls a voice is all about lifting girls up and helping them be heard, so they can have a say in what they do in guiding.

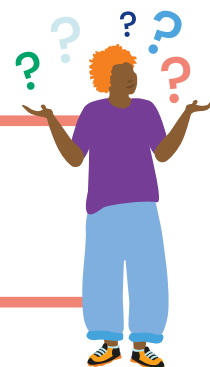
What you'll get from this:

- Champion girls' voices in your unit.
- Explore how to get feedback and ideas from girls about what they want to do.
- Practise using girls ideas to plan activities.



Not sure where to start or want to build your confidence first?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.



Name:

Time to listen! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
Over a few weeks, look out for and note down the ways girls have a say in your unit. Share what you find out with your unit leadership team.		
Choose a way to collect ideas from girls in your unit – then do it! Find out what they want to do, then share ideas with your unit leadership team and the girls.		
Use the ideas and feedback from the girls to run an activity. Or, if you're feeling ambitious, a whole unit meeting. You could even help your unit leadership team plan out the next term.		

Reflection

Think about everything you've done to complete the tasks.

- What are the main things you've learnt?
- How useful was the way you chose to collect people's ideas?
- Are there other methods you'd like to try?
- How did you use the ideas with your unit?
- Is there anything you'll do differently in future?



Shout out to you!

You've completed giving girls a voice.

You've got skills in:

- Collecting ideas and feedback
- Being creative
- Decision making
- Teamwork



Want to build on your new skills?

Check out these modules:

- Supporting inclusive spaces
- Connecting your community
- Planning your activities

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.



Keeping it kind

Aim of the module:

Managing girls' behaviour can be challenging – whether it's Rainbows shouting, Brownies running about or Guides on their phones. So keeping it kind is all about the different ways you can encourage positive behaviour, and deal with tricky behaviour.

What you'll get out of it:

- Find out how behaviour is caused by feelings.
- Identify ways you can create a positive atmosphere, no matter how you or the girls are feeling.
- Explore how to set group or unit guidelines.
- Identify who can help in your unit if you don't know what to do.
- Discover how you can be a role model in guiding.



Not sure where to start or want to build your confidence first?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.



Name:

Time to have a go! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
During 2 different unit meetings, watch 1 or 2 girls for the whole meeting. See if the way they behave or the things they do show you anything about how they might be feeling. Reflect on your thoughts with another volunteer in your unit leadership team.		
Spend time watching how other volunteers in your unit leadership team manage girls' behaviour (good and tricky) to help create a positive environment. Think about: <ul style="list-style-type: none">● What techniques they use and how you could use them.● Who you can go to for help.		
Run an activity with your unit on creating unit guidelines.		
Think about a time someone in guiding has been a great role model. What did they do? How did they behave? How did they make people feel? Share with your unit leadership team.		

Reflection

Think about everything you've done to complete the tasks.

- What key things have you learnt from your observations?
- What will you stop doing?
- What will you continue doing?
- What will you start doing in future to encourage positive behaviour in your unit?



Want to build on your new skills?

Check out these modules:

- Supporting inclusive spaces
- Giving girls a voice
- Working with others

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.

Kindness queen!

You've completed keeping it kind.

You've got skills in:

- Critical thinking (making clear, reasoned decisions based on accurate information)
- Observation
- Facilitation (running activities)
- Empathy





Knowing Girlguiding

Aim of the module:

You're part of an organisation with over 100 years of history. In knowing Girlguiding, you'll explore Girlguiding's story and traditions.

What you'll get out of it:

- Show how Girlguiding UK fits into the global movement and the role of WAGGGS (World Association of Girl Guides and Girl Scouts).
- Reflect on what we can learn from key moments and people from Girlguiding's history.
- Explore ways to make sure unit traditions work for your unit and the world today.
- Demonstrate why the promise and law are important.



Not sure where to start or want to build your confidence first?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.

Name:

Time to explore! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
Run an activity about the World Association of Girl Guides and Girl Scouts or international guiding. This can be a programme or non-programme activity. Our badge and activity finders on the Girlguiding website, are a great place to start. You can choose if this is for your whole unit, a small group or another guiding group, like leaders at a county day.		
Find out about a key moment or person from Girlguiding's history and share what you learnt from them with a leader, peer or friend.		
With your unit leadership team and girls in your unit, create or update a unit tradition.		
Help girls in your unit to understand the promise and law.		

Reflection

Think about everything you've done to learn more about Girlguiding.

- Did anything surprise you?
- What was the best thing about the activities that you ran?
- What does the promise and law mean to you?
- What do you think is special about being a member of Girlguiding?



Shine the guiding light!

You've completed knowing Girlguiding.

You've got skills in:

- Taking inspiration from others
- Facilitation (running activities)
- Critical thinking
- Public speaking

Want to build on your new skills?

Check out these modules:

- Planning your activities
- Finding solutions
- Keeping it kind

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.





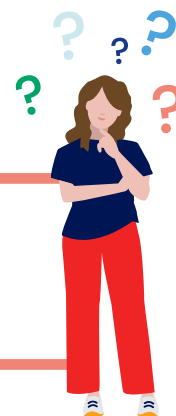
Looking after you

Aim of the module:

You are important. Explore ways to take care of your wellbeing while volunteering, how to talk about wellbeing in your unit, and set goals that make you feel great about yourself.

What you'll get out of it:

- Explore ways to look after your own wellbeing.
- Identify and practise 1 way your unit can support the wellbeing of girls and volunteers.
- Think about your strengths and the ways you can develop as a young leader.



Not sure where to start or want to build your confidence first?

Take a look at our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.

Name:

Take some time for you! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
Put into practise 3 ways you'll look after your own wellbeing as a young leader.		
Identify and share (in any way you like – a picture, a map, or even a chat with a leader) your personal support network.		
Run a wellbeing activity with your unit.		
Think of something you'd like to achieve in the future (this could be within guiding, at school, or a hobby). Set a goal, make a plan to help you work towards it and check in on your progress after a term.		

Reflection

Think about everything you've done to complete these tasks.

- What have you learnt?
- Have your new wellbeing practises helped in your life in and outside of guiding?
- What is something you'll change in future?



Want to build on your new skills?

Check out these modules:

- Connecting your community
- Knowing Girlguiding
- Supporting inclusive spaces

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.

Self-care-tastic!

You've completed looking after you.

You've got skills in:

- Communication
- Facing problems
- Awareness of others
- Personal development





Planning your activities

Aim of the module:

Every week, girls take part in exciting activities with their unit. From games and crafts to trips and sports, there are so many ways you can help girls grow and learn while having fun. But all activities take some planning, and in this module, you'll explore how to plan amazing activities for your unit.

What you'll get out of it:

- Help plan a term of activities for your unit.
- Create a plan for running activities.
- Support girls to work towards their programme awards.



Not sure where to start or want to build your confidence first?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.

Name:

Time to start planning! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
Join your unit leadership team to plan a term of activities, including: <ul style="list-style-type: none">● How girls share their ideas for what they want to do.● A mix of programme and non-programme activities.● Who'll deliver each activity.● How the plan of activities supports the Girlguiding 5 essentials.		
Take the lead on an activity and prepare how you'll run it. Think about what resources you'll need, how you'll set up, and any risks you need to be aware of.		
Help one of the girls or a group in your unit plan how they're going to achieve a programme award. You can ask your unit leadership team to help you track their progress. Together, think about what they've already done, and what they need to do next (for example, what interest badges they could do).		

Reflection

Think about everything you've done to complete these tasks.

- How were you involved in planning the term?
- How did you plan for your activity?
- Is there anything different you would do next time?
- What can you do in future to help girls in your unit work towards their programme awards?



Planned to perfection!

You've completed planning your activities.

You've got skills in:

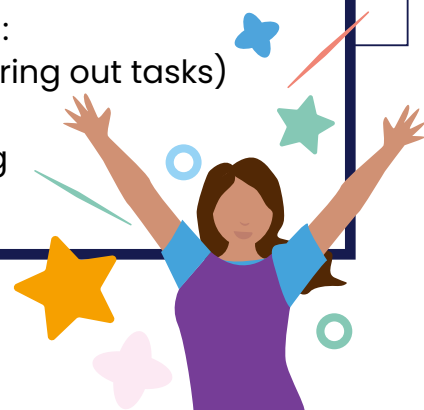
- Delegation (sharing out tasks)
- Teamwork
- Decision making
- Organisation

Want to build on your new skills?

Check out these modules:

- Delivering activities
- Giving girls a voice
- Working with others

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.





Running activities safely

Aim of the module:

Wide games, experiments, works of art – all guiding activities have risks. Explore how you can safely run the activities your unit wants, through planning for and responding to risks as they happen.

What you'll get out of it:

- Identify how to run safe activities.
- Practice spotting hazards.
- Explore different types of risks.
- Know who is responsible for managing different risks.



Not sure where to start or want to build your confidence first?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.

Name:

Time to manage those risks! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
With your unit leadership team, think about the risks involved before you run an activity, and then run it safely.		
Take a look at a risk assessment for an activity and suggest where you could help to reduce risks.		
Look at where something went wrong and share what could have been done differently.		

Reflection

Think about everything you've done to complete the tasks.

- What was easy, and what was difficult?
- What will you do differently in future?
- Did you learn anything new?



Brilliant work!

You've completed running activities safely.

You've got skills in:

- Assessing risk
- Dynamic risk assessment
- Problem solving
- Organisation
- Teamwork

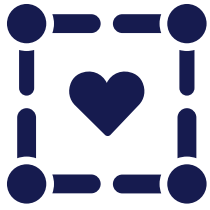


Want to build on your new skills?

Check out these modules:

- Looking after you
- Getting out and about
- Finding solutions

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.



Supporting inclusive spaces

Aim of the module:

Everyone has a right to be included so they can grow and thrive. Supporting inclusive spaces will help you make sure your unit is a place where everyone feels welcome and can join in.

What you'll get out of it:

- Discover why inclusion is important at Girlguiding.
- Explore how to create an inclusive space and think about how inclusive your unit space is.
- Work together with your unit to include all people.
- Identify where you can go for more support.



Not sure where to start or want to build your confidence first?

Take a look at our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.

Name:

Time to think of others! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
Use our discovery resources to learn about why inclusion is important to Girlguiding and how to create inclusive spaces. Share your reflections with your leadership team.		
Map out how your unit is already an inclusive space, thinking about things like how activities are made inclusive. Then see if you can come up with ways to make your unit even more inclusive. Share your thoughts with the girls in your unit or your unit leadership team, or both!		
Show how you would adapt a programme activity to be more inclusive, then run the adapted activity for the girls in your unit.		

Reflection

Think about everything you've done to complete the tasks.

- What key things have you learnt?
- What will you stop doing?
- What will you continue doing?
- What will you do differently in future to make your unit an inclusive space?
- What top tips would you share with others?



Want to build on your new skills?

Check out these modules:

- Delivering activities
- Keeping it kind
- Looking after you

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.





Working with others

Aim of the module:

We're going to explore how you and other amazing volunteers in your unit can work together to be a dream team.

What you'll get out of it:

- Explore the roles in your unit leadership team.
- Identify ways to work together as a team.
- Practice sharing out tasks.
- Discover how good leaders work well with others.



Not sure where to start or want to build your confidence first?

Check out our discovery resources and training materials on the [Girlguiding website](#) or ask your young leader coordinator.

Name:

Time to jump in! Work with your unit leadership team to complete these tasks in any way that suits you.

Tasks	Leader initials	Date
Go to a unit leadership team meeting and discuss the different roles within the team.		
Observe a unit meeting and watch how the unit leadership team works together throughout the meeting. What are your main takeaways?		
Take the lead on some unit activities and plan how to share out the tasks to different team members.		
Chat with another leader about their experiences of working with others. What works and what doesn't? How could this help you in the future? You could choose your leader or someone who is, or has been, part of your district, division or county team.		

Reflection

Think about everything you've done to complete the tasks.

- How does your unit team work together to play to everyone's strengths?
- Is there anything you could do differently to work together more?
- What did you discover about how other leaders work with their teams?



Teamwork makes the dream work!

You've completed working with others.

You've got skills in:

- Taking inspiration from others
- Delegation (sharing out tasks)
- Decision making
- Teamwork

Want to build on your new skills?

Check out these modules:

- Knowing Girlguiding
- Looking after you
- Connecting your community

Once you've completed 4 modules, talk to your leader and they'll award you your next badge.

