

26th May 2023

Inclusion North News



Inclusion North will share an important news story and tell you about their own work here every two weeks.

Take the Lead level 3



Take the Lead is an Inclusion North project that trains people to become the leaders of the future.



There are three Take the Lead courses. Level 1 is for beginners who have not spoken up before. Level 2 is for people who have some experience of leadership. Level 3 is for people who have a lot of experience and want to be a Director or a Trustee on a Board.



At the moment, our Leadership Coach Dawn is running a Level 3 course in the North East. There are 6 learners and their supporters on the course.



This week the learners had to speak for 2 minutes about a topic they are passionate about. They got 10 minutes to prepare then they had to speak in front of the whole group.



In June everyone will spend 3 days away as part of the course. This residential part of the course is important for building confidence and independence.



Once the Level 3 course is finished, everyone who has been on a Take the Lead course will be invited to a graduation. A graduation is a celebration of people's achievements.



The next step for the Take the Lead team is to run 3 courses in Yorkshire and Humber. As soon as they are ready they will advertise places for the next Level 1 course.

Staying well



The weather is getting warmer. One thing that many people find good for their mental health is being outdoors.



Spending time in nice places like the park, the beach, or woods can help our mental health.



Enjoy the things you can see and hear. Like the colour of the flowers, or the sound of the waves, or birds singing.