

Free Course for Teens, Ages 14–18

Student Self Leadership

Next Cohort Starts October 1st

Step Up: Back Yourself, Lead Your Life

Free programme for teens aged 14–18

Life as a teen in Aotearoa can be full-on - juggling school, sport, part-time work, whānau, and mates. Most of the time, you're figuring it all out as you go. But what if you had tools to help you build confidence, stay motivated, and lead yourself (and others) through it?

Student Self Leadership is a free programme that helps you go from feeling like life's just happening to you to being the one calling the shots. You'll learn how to back yourself, bounce back from setbacks, and bring out the best in others too.

- ZERO cost to students, parents, schools or organisations
- Real tools, real talk – no fluff
- For anyone keen to step up, no matter where you're starting from

Unlock your potential

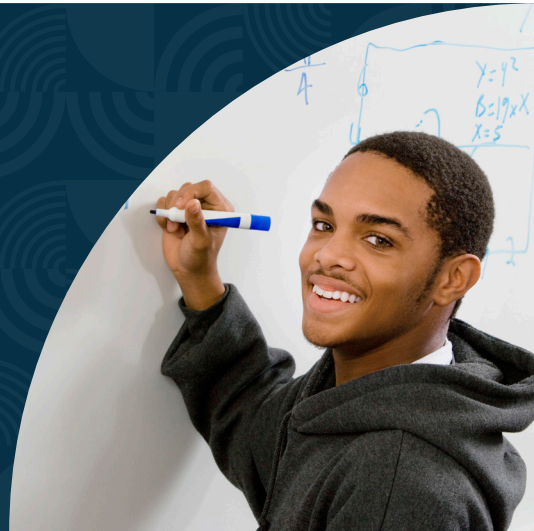
You'll work with a leadership coach and connect with other rangatahi like you to figure out how to take charge of your learning, your goals, and your life. Whether it's school, sport, home or community – the mindset and skills you build here can help you thrive wherever you are.

The course will help you:

- Back yourself and feel more confident in who you are
- Set goals that actually matter to you—and follow through on them
- Learn how to pick yourself up when things don't go to plan



As soon as you finish the course, you will receive the Blanchard Student Self Leadership digital credential to use when applying for leadership positions or jobs.



What Students Say About the Program

"Lack of time is the biggest assumed constraint I had, and I'm now confident that I can find time to do what I always wanted to do."

"Even if you think you're never going to develop a certain skill, you have the potential. You just need to set a goal to build up that skill and keep up that motivation."

Make a Real Difference in Your World



Enroll now at
[blanchardinstitute.org/
leadership-programs/
student-self-leadership/](https://blanchardinstitute.org/leadership-programs/student-self-leadership/)

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What's Involved?

Student Self Leadership takes just 10 hours over 4 weeks — and it's all online, so you can fit it around school, sport, and other stuff you've got going on.

Each week, you'll do a bit of self-paced learning in your own time (easy to follow, not boring!) and join a 1-hour live Zoom session with other teens, guided by leadership coaches who actually get it

The course runs on the Intrepid® platform — all you need is a device and Wi-Fi.

What you'll get access to:

- Short, easy-to-digest content – just 10–15 minutes at a time
- Interactive activities – like videos, quizzes, and real talk discussions
- A practical tool kit – over 20 pages of tips, templates, and tools you can actually use
- A community of other rangatahi – learn, share, and grow together

WEEKLY TOPICS

Week 1: Get Past Limiting Beliefs

Week 2: Find Your Power

Week 3: Set Goals and Measure Progress

Week 4: Communicate with Leaders

This programme is built on world-class leadership content from Blanchard, adapted specially for teenagers like you.

And the best part? It's completely free.

We reckon backing young people is one of the best ways to build a better future — for Aotearoa and beyond.

Percent of students who reported almost always or often by course end...



88%

88% feel skilled and confident as a peer leader (52% at start)



94%

94% have the knowledge and skill to take charge of their own growth (54% at start)



96%

93% can set clear, motivating goals for success (52% at start)



93%

93% can turn negative thoughts into positive intent or action (46% at start)

When you learn to take ownership of your choices and actions, you're more likely to succeed — whether it's in school, sport, your first job, future study, or just life in general.

Connect with us:



BlanchardInstitute.org



FREE to Attend

We back young people like you because we believe you are the future leaders who'll make a real difference.



4-Week Course Commitment

Students should plan for about six hours of self-study total and four 1-hour live sessions.



No Flash Tech Needed

All you need is a computer, tablet, or smartphone with an internet connection.



Attend Live Sessions

We provide recordings of the sessions for participants who cannot attend live.

By helping rangatahi take charge of their own journey and keep moving forward, we're creating the next generation of leaders who back themselves.

Ready to step up? Enrol now

www.blanchardinstitute.org

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