



**University of  
Sunderland**  
in Northallerton



Your journey  
starts here



# Business @ Northallerton

University of Sunderland

Campus @ Northallerton offers employers and individuals the flexibility to develop new skills to facilitate personal and business growth via a wide range of learning, skills, and education routes.

The University of Sunderland will provide higher education programmes through face to face and online delivery at C@N for anyone in the wider North Yorkshire area and beyond to access.

If you are looking to enhance business and leadership skills for you or your workforce, discover below our free taster session and short courses available.

  
**CAMPUS@**  
NORTHALLERTON

# Business & Leadership Free Taster Sessions

## Leadership Taster Session

Starts – 7th April 2022  
Duration – 10:00 to 16:00  
Delivery – Face-to-face  
Fee – Free

This session will provide you with a broad introduction to leadership ideas and practices, to support an exploration and understanding of your own approach to leadership.

It is aimed at individuals who currently occupy a leadership position or who are wishing to develop into a leadership role.

Gain insight into your qualities and attitudes as a leader and generate ideas to develop your leadership effectiveness.

## Judgement and Decision Making Taster Session

Starts – 14th June 2022  
Duration – 10:00 to 16:00  
Delivery – Face-to-face  
Fee – Free

This session explores decision making, developing awareness of how we make decisions, and the often unconscious processes and “short cuts” we undertake. You will investigate influences on your own judgement and learn to recognise the potential for such influences to limit your capacity to make appropriate well-considered decisions. The session aims to improve understanding of how you and others make decisions and learn techniques to develop your leadership effectiveness in both personal and professional contexts.

As an introduction to decision making in a professional context, this session will provide the opportunity to reflect upon your professional practice, your behaviour and the effectiveness in a work setting,

## Innovation and Creativity Taster Session

Starts – 4th July 2022  
Duration – 10:00 to 16:00  
Delivery – Face-to-face  
Fee – Free

This masterclass will explore creativity in the context of solving simple and complex problems. It introduces creative techniques, including morphological analysis and synectics, and asks you to practice and develop your ability to solve problems creatively.

We routinely encounter simple and complex problems in our personal and professional lives and this interactive session will provide a focused introduction to the topic in the context of a work environment.



# Business & Leadership Short Courses

## Coaching Masterclass

(UOS certificate of attendance)

Starts – 12th May 2022

Duration – 09:30 to 16:00

Delivery – Face-to-face

Fee – £120 per person

This masterclass will provide learners with an understanding of coaching in the workplace, focusing in particular on the GROW model, and how to use it to maximise results and the personal and professional development of employees and team members.

The session will introduce the principles and practices of coaching. Coaching is one of the most important skills in the arsenal of any leader. It can be used to drive growth and therefore better results from yourself and others, aiding individuals to overcome struggles and barriers to progress.

## Emotional Intelligence

(UOS certificate of attendance)

Starts – 16th May 2022

Duration – 09:30 to 16:00

Delivery – Face-to-face

Fee – £120 per person

The course will introduce you to Emotional Intelligence, to increase your knowledge and awareness of the role that emotion plays in our behaviour and motivations.

The session will provide a broad introduction to the topic in the context of a work environment. Offering the opportunity to reflect upon your professional practice, your behaviour and effectiveness in a work setting, to enhance your performance and provide some increased understanding of yourself and your aspirations.

## Introduction to Leadership

(UOS certificate of attendance)

Starts – 19th – 21st April 2022

Duration – 3 Days / 09:30 to 16:00

Delivery – Face-to-face

Fee – £310 per person

The programme takes the challenges of a work environment and by creating the space to reflect, asks you to explore your strengths and preferred ways of working. Encouraging you to consider how you see yourself, how others see you and what makes you an effective leader.

This course is aimed at individuals who are new to, or not yet in, formal leadership roles. Raising awareness of their leadership potential, providing the opportunity to explore strengths in the context of informal and formal leadership in the workplace.

Tools and concepts will support an exploration and evaluation of individual qualities and attributes, looking at how these can be helpful or unhelpful depending upon the work-based context. The concepts will focus on the qualities of a leader and understanding what makes you effective, using what you learn to enhance that effectiveness, to benefit you and your organisation.



Course content will include:

- Personal and professional qualities, with a strengths focus,
- Leading self and others, formal/informal leadership,
- Self-identity, social identity, behaviour and impact,
- Personality profiling, emotional intelligence and personal values
- Communication/influence

Participants will be invited to produce a reflection on the experience, providing evidence of the impact of the course, with a consideration of how this might inform future development.

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## Postgraduate Certificate in Leadership and Change

(Level 7 PG Certificate, 60 credits)

Starts - 8th June 2022

Duration - 1 session per month  
09:30 to 16:00 (12 months)

Delivery - Face-to-face

Fee - £2334 per person

This course focuses on your personal, professional and academic development needs and your ability to engage in transformational leadership and change.

This course has been designed to help you develop your skills and become a better leader. You will learn how to recognise and apply the theories related to effective management, leadership, and change management.

Teaching is delivered through a mix of lectures, interactive sessions and role playing. There will be directed reading, which will involve reference being made to course texts, journal articles and websites.

Personal development planning related to personality profile analysis; researching and compiling individual presentations for contribution to group discussions to stimulate action learning.

You will be assessed by one assignment and will draw upon the learning gained through the module integrated with your work-based development. There are two parts to the assignment, which are designed to complement one another and to test and evidence your professional and practical development journey.



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If you wish to access any of the courses listed above or if you are an employer/organisation, seeking new opportunities to develop your workforce skills, please contact the University of Sunderland CaPE team for more information.

 [cape@sunderland.ac.uk](mailto:cape@sunderland.ac.uk)

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