

# RiseUp Leadership Academy

The RiseUp Leadership Academy is a comprehensive 10-week leadership program designed to equip participants with essential leadership skills, foster personal and professional growth, and inspire a commitment to community impact.

Time: 1:00 pm - 2:30 pm

Location: Soul Harvest: New Nation Building

16300 Woodward Ave, Highland Park MI 48203

SESSION	DATE	SESSION TOPIC	OBJECTIVES	ACTIVITIES	KEY TAKE AWAYS
1	2/22/25	Intro to Leadership	Understand the basics of leadership, different leadership styles, and the role of a leader.	Ice Breaker Discussion Case Studies	Defining Leadership Understanding personal leadership style Importance of adaptability
2	3/1/25	Self-Awareness and Emotional Intelligence	Explore the importance of self-awareness, emotional intelligence, and how it impacts leadership.	Self-Assessment Tests Group Exercises Managing Emotions Discussion	Recognizing strengths & weaknesses Understanding the role of emotions Improving empathy
3	3/8/25	Effective Communication Skills	Develop essential communication skills for clear and impactful leadership.	Role Playing Activities Active Listening Exercises Non-Verbal Communication	The power of active listening Giving constructive feedback Mastering body language
4	3/15/25	Decision Making and Problem Solving	Learn techniques for effective decision-making and problem-solving as a leader.	Real-World Problem-Solving Decision-Making Exercises Group Discussion	Analytical thinking Assessing risks Making formed decisions
5	3/22/25	Conflict Resolution and Negotiation	Understand how to manage and resolve conflicts within teams or organizations.	Conflict Role-Playing Negotiation Exercises Group Feedback	Conflict resolution techniques Negotiation tactics Building a positive environment
6	3/29/25	Team Building and Motivation	Learn how to build and lead high-performing teams and motivate team members.	Team-Building Exercises Motivational Theories Discussion Real-Life Case Studies	Understanding team dynamics Implementing motivational strategies How to foster collaboration
7	4/5/25	Time Management and Delegation	Master the art of prioritizing tasks, managing time effectively, and delegating responsibilities.	Time Management Games Delegation Scenarios Creating Action Plans	Setting priorities Learning to delegate Maximizing productivity
8	4/12/25	Strategic Thinking and Vision Setting	Develop strategic thinking skills and learn how to create a vision and goals for leadership.	Vision Board Creation SWOT Analysis Strategy Planning Exercises	Crafting a clear vision Setting strategic goals Long-term planning
9	4/19/25	Leading Through Change	Understand how to lead effectively during times of change and uncertainty.	Change Management Case Studies Group Discussion Adaptability Exercises	Managing change Building resilience Leading with agility
10	4/26/25	Putting It All Together - The Leader's Toolkit	Review all topics, reflect on personal growth, and create a personalized leadership action plan.	Group Presentations Personal Leadership Action Plan Peer Feedback	Consolidating leadership skills Setting personal leadership goals Receiving feedback