**Resilient Leadership in Action Programme Outline 2023/24**

**Cohort 1**

Total hours: This programme has a time commitment of c. 22.5 hours, taught through core workshops, with additional pre- and post-work on a Resilient Leaders Development Plan.

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| **Module/ Content**   | **Date:**  | **Time:**  | **Format\*** |
| **Session 1** | Wed 22 Nov 23 |  09:30-12:00 | Online |
| **Session 2** | Thu 23 Nov 23 |  09:30-12:00 | Online |
| **Session 3** | Fri 24 Nov 23 |  09:30-12:00 | Online |
| **Session 4** | Wed 29 Nov 23 |  09:30-12:00 | Online |
| **Session 5** | Thu 30 Nov 23 |  09:30-12:00 | Online |
| **Session 6** | Fri 01 Dec 23 |  09:30-12:00 | Online |
| **Session 7** | Wed 06 Dec 23 |  09:30-12:00 | Online |
| **Session 8** | Thu 07 Dec 23 |  09:30-12:00 | Online |
| **Session 9** | Fri 08 Dec 23 |  09:30-12:00 | Online |

**\*Timings and content may be subject to change.**