Leadership @Helm Online Course: FAQ 2024

What is the format and time commitment for the course?

This is a 20-hour course available over these timeframes: 2 months; 1 month; 1 week. It is a blended approach with live virtual workshops supported by self paced study between the workshops. Below is a sample schedule for the 2-month timeframe.

@Helm Course Flow		
Phase 1: Leading Self		
Week 1	Overview Introductions Platform Orientation Mod 1: Launch Goal Setting	2.0 hr Live Virtual Workshop 1.0 hr Self Paced Study
Week 2	Mod 2: Bridge Resource Management Mod 3: Situational Awareness Mod 4: Purposeful Pause Mod 5: Personal Compass	2.0 hr Self Paced Study Asynchronous Facilitator Support
Week 3	Content Review Case Studies Coaching & Consultation	2.0 hr Live Virtual Workshop
Phase 2: Leading Others		
Week 4	Mod 6: Team Compass Mod 7: Direction/Alignment/Commitment Mod 8: Feedback	1.5 hr Self Paced Study 1.5 hr Team Input
Week 5	Team Compass Report Direction/Alignment/Commitment Survey Feedback Practice Coaching & Consultation	2.0 hr Live Virtual Workshop
Phase 3: Leading Across Systems		
Week 6	Mod 9: Conflict to Insight Mod 10: Agility Mod 11: Influence	2.5 hr Self Paced Study Asynchronous Facilitator Support
Week 7	Delegation Plan Leading Change Plan Personal Influence Plan Boundary Spanning Plan Coaching & Consultation	2.0 hr Live Virtual Workshop
Week 8	Mod 12: Landfall	1.5 hr Self Paced Study
Week 9	Synthesis Teaching the Tools: Peer Feedback Goal Setting: Peer Coaching & Consultation	2.0 Live virtual Workshop

What will I learn?

You will be equipped with a leadership & management toolkit:

- ☐ Situational Awareness
- ☐ Learning & Change Agility
- ☐ Clear Communications: Feedback; Conflict Management; Information Flow
- ☐ Prioritization
- ☐ Influence
- ☐ Resiliency

By the end of the course you will have action plans in place that have been pressure-tested with feedback from your peers and the Facilitator.

Who is facilitating the course?

The course is developed and facilitated by the SeaChange Resources Team. SeaChange Resources has been in the field of leadership development for over 20 years, working with a broad range of organizations including multinational corporations, colleges, government agencies and the nonprofit sector.

You will meet with your Facilitator via Zoom for each of the five facilitated live virtual workshops.

What does the coursework include?

The course work includes interactive video lectures, application assignments, whole cohort discussions, and peer coaching & feedback.

How do I access the course?

The course is hosted on Canvas through Unity College's platform. You will be given a username and password, granting you access to the course and course materials.

Does it matter if I do all the coursework at once or at different intervals over the week?

Ideally, allow yourself some soak time between modules. Powering through four modules at once will detract from your ability to reflect on and apply the tools.

Questions? Please contact us at outcomes@seachange-resources.com

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What Leadership@Helm graduates have said:

"I loved the content - very useful information presented in the perfect order."

"My team uses the SeaChange Toolkit all the time, especially Feedback and the Purposeful Pause. It's become part of how we interact every day."