

# Silver Leadership Awards



## Future Leader EXPLORER CHALLENGE

Develop your interpersonal skills and practise building relationships.

Help out at your centre for a minimum of 20 hours. Keep a log of the tasks you completed, the skills you used and the people you spoke to using the template below.

Fill out the interpersonal skills development table with your coach before you start your Explorer Challenge and then review it halfway through to track your development.

Optional: Speak to your coach about completing the BHS Riding Centre Assistant Award along with this Explorer challenge.

### Example

Participants should be able to help with a variety of tasks/activities at the centre. Ideally, they should have the opportunity to spend time helping alongside peers and staff doing similar activities, so they can practise building professional relationships and their interpersonal skills.

### Checklist for achievement:

<ul style="list-style-type: none"> <li>• Know what interpersonal skills are</li> </ul>	<p><i>These are the skills needed to be able to communicate and interact with other people. Examples include; speaking, active listening, empathy, greeting people and demonstrating good manners.</i></p>
<ul style="list-style-type: none"> <li>• Assess own interpersonal skills and set a goal to improve at least one area</li> </ul>	<p><i>Participants should have some awareness of the skills they are good at what they could improve on. They should identify at least one area and decide a goal to work towards to improve that skill.</i></p>
<ul style="list-style-type: none"> <li>• Reflect on progress mid- way through 20hrs</li> </ul>	<p><i>Be able to discuss how they are improving and what else they intend to do to reach their goal.</i></p>
<ul style="list-style-type: none"> <li>• Reflect on achievement after 20hrs</li> </ul>	<p><i>Discuss how they have improved their interpersonal skills.</i></p>
<ul style="list-style-type: none"> <li>• Know how you can start to build relationships</li> </ul>	<p><i>Discuss the relationships they have built whilst helping at the centre. Know how they could begin to build a relationship with a new person (e.g. new person helping at the centre). These could be professional and/or friendships.</i></p>
<ul style="list-style-type: none"> <li>• Know how you can maintain relationships</li> </ul>	<p><i>Discuss how they have maintained and/or developed the relationships/friendships they have built at the centre.</i></p>

### Things to consider

- The minimum age for children to volunteer is 14 years old. For more information please visit: [www.gov.uk/volunteering/when-you-can-volunteer](http://www.gov.uk/volunteering/when-you-can-volunteer).
- The minimum age a child can work is 13 years old [www.gov.uk/child-employment](http://www.gov.uk/child-employment).
- Children under the age of 14 years old, not working at the centre, who are taking part in this challenge should be helping with organised sessions to practise and develop their communication skills and will be under the direct supervision of a coach.
- Ensure appropriate risk assessments are in place.

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**HORSE  
EXPLORERS**

Part of the Challenge Awards