

October 2025 Cohort Dates- Aspiring Leaders Programme

Module	Date	Time	Facilitator
Launch (3 Hours)	Thursday 9 th October 2025	9am-12 noon	Rachael Lewis and Lorraine Dunn
Module 1: The Health and Social Care Landscape and Project Management (2 ½ Hours)	Thursday 16 th October 2025	9am-11.30am	Lorraine Dunn and Caroline Kirkham
Module 2- Change Management (2 Hours)	Thursday 23 rd October 2025	9am-11am	Lorraine Dunn
Forum 1 (2 Hours x 2 Forums)	Thursday 30 th October 2025	1 st Forum 9am-11am 2 nd Forum 1pm-3pm	Lorraine Dunn
Module 3: Challenging performance (3 Hours)	Wednesday 5 th November 2025	9am-12 noon	Rachael Lewis
Module 4- Delegating Effectively (3 Hours)	Thursday 13 th November 2025	9am-12 noon	Rachael Lewis
Forum 2 (2 Hours x 2 Forums)	Thursday 20 th November 2025	1 st Forum 9am-11am 2 nd Forum 1pm-3pm	Lorraine Dunn
Module 5: Motivating Others (3 Hours)	Wednesday 26 th November 2025	9am-12 noon	Rachael Lewis
Module 6: Resilience (3 Hours)	Thursday 4 th December 2025	9am-12 noon	Lorraine Dunn
Forum 3 (2 Hours x 2 Forums)	Thursday 11 th December 2025	1 st Forum 9am-11am 2 nd Forum 1pm-3pm	Lorraine Dunn
Graduation (4.5 Hours)	Wednesday 17 th December 2025	9am-1.30pm	Rachael Lewis Lorraine Dunn