

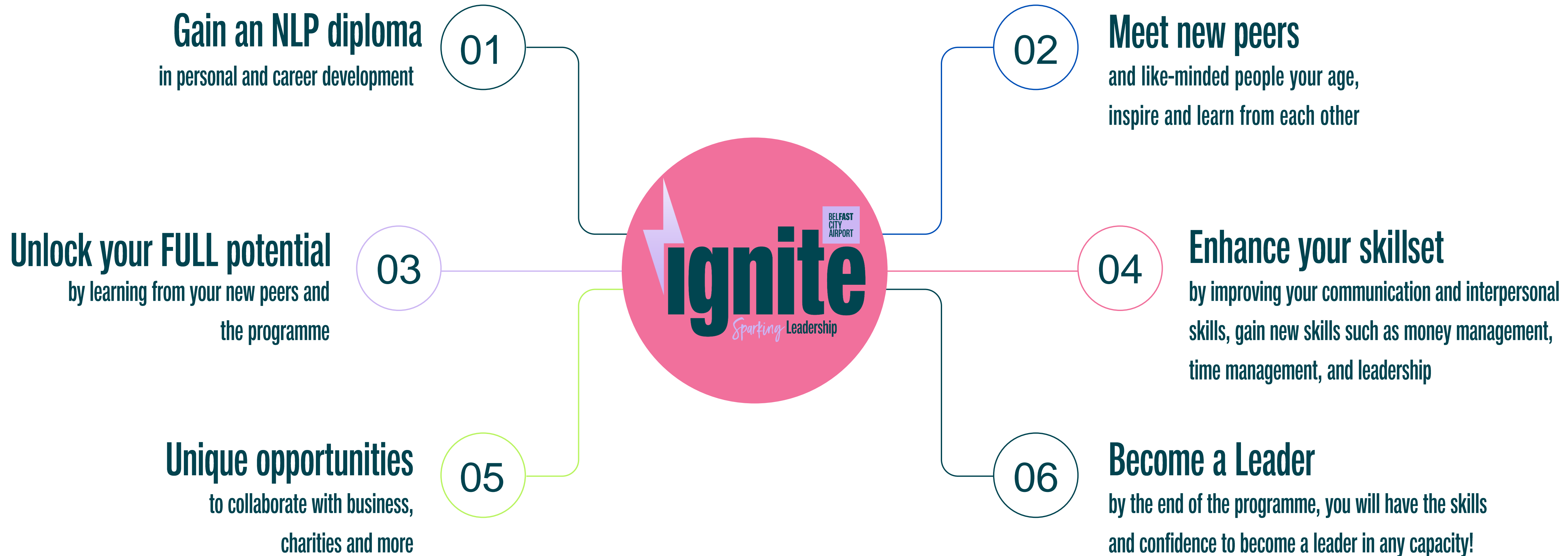


2025 / 2026 Programme Overview

Leading & Developing from The Inside Out

Why should you apply?

6 reasons to apply for the IGNITE programme!



Programme Dates

Saturday, 27th September **Knowing Me, Knowing You**

Location: The Pavilion, Stormont

Saturday, 25th October **Leading with Information or Inspiration?**

Location: The Pavilion, Stormont

Saturday, 15th — Sunday, 16th November **Ignite Residential**

Location: Tollymore Activity Centre

Saturday, 13th December **Play with Purpose**

Event: Belfast Giants Trip Location: SSE Arena

Saturday, 24th January **Is Your Heart in It?**

Location: The Pavilion, Stormont

Saturday, 21st February **Having Dreams Greater Than Your Fears**

Special Guest: Chris Cook Location: The Pavilion, Stormont

Saturday, 21st March **Ritualise to Actualise**

Speaker: Colin Lauder, Lauder Solutions Location: The Pavilion, Stormont

Saturday, 6th June **Graduation Celebration**

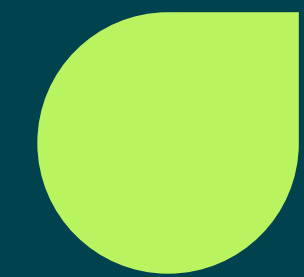


Session 1

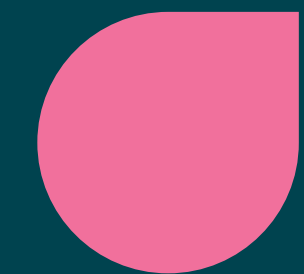
Knowing Me, Knowing You

Saturday, 27th September

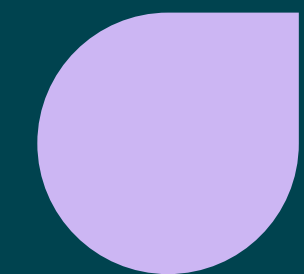
In this session, you'll meet your new peers and kick off the programme together. Our goal during this session, is to help you gain a deeper understanding of yourself and those around you.



Objective: Gain a deeper understanding of yourself and others



Assessments of how we communicate, our personality types, and values

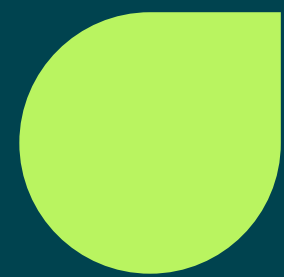


Team building activities

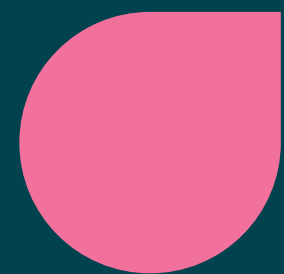
Leading with Information or Inspiration?

Saturday, 25th October

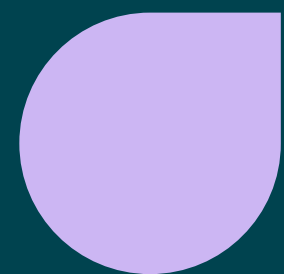
In this session, you'll learn how to share authentic personal stories that inspire others. You'll also listen to others' stories and find your own inspiration from them.



Objective: Learn how to share authentic personal stories that inspire others around you

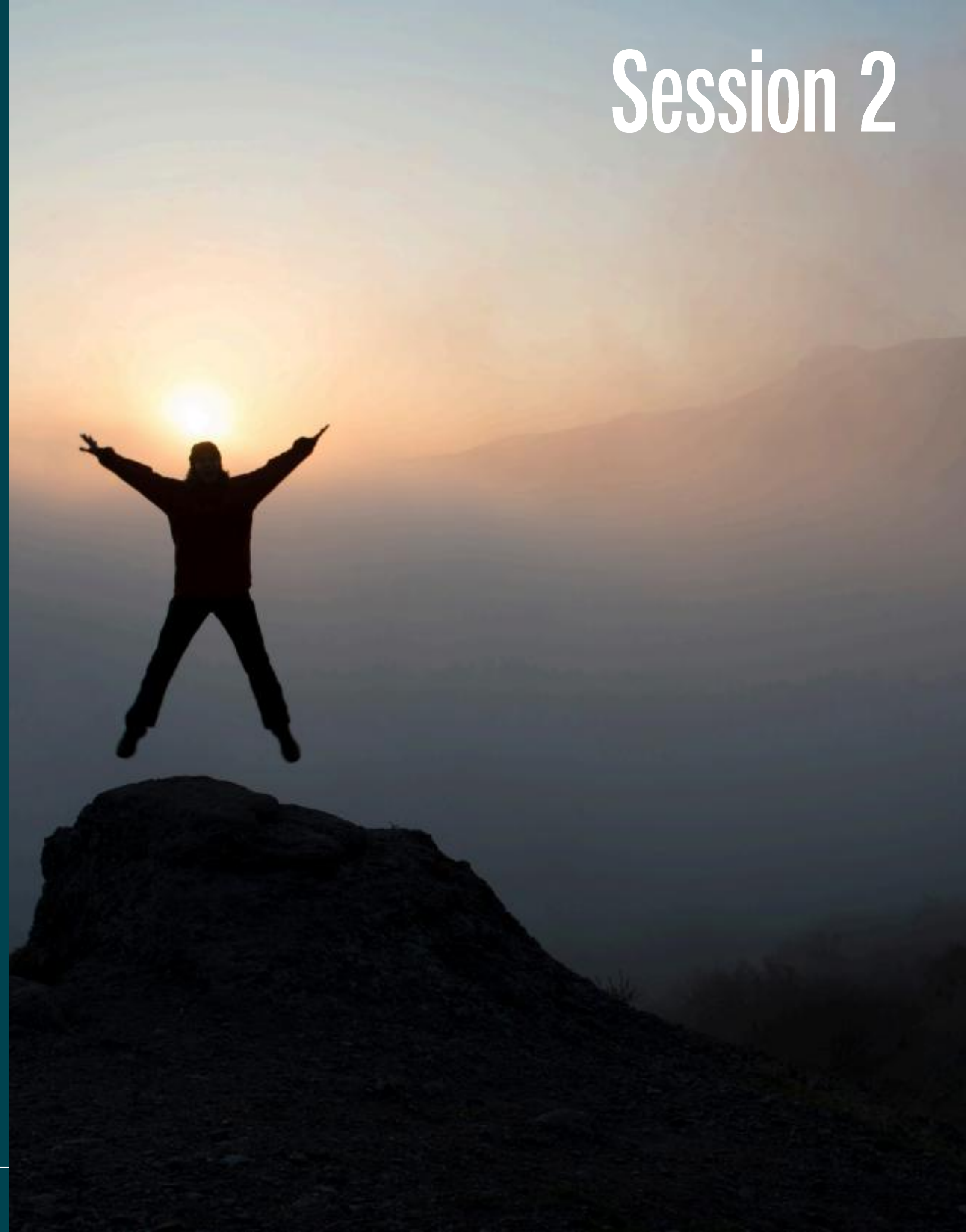


Listen to others' stories and be inspired



Practical examples

Session 2



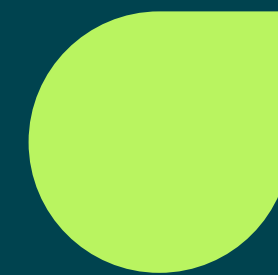


Session 3

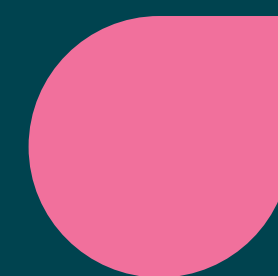
Residential – Nowhere or Nowhere?

Saturday, 15th — Sunday, 16th November

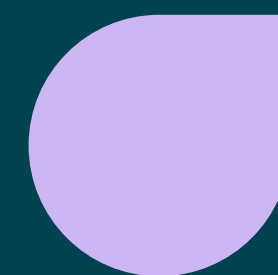
Pack your bags we're heading to Tollymore Forest Park! You'll dive into practical exercises, bond with your peers, and truly get to know each other. This session is focused on the functions of the mind and how they serve you.



Objective: Understanding the functions of the mind and how they serve you



Practical exercises on conscious and unconscious behaviour



An opportunity to connect, learn, and grow together

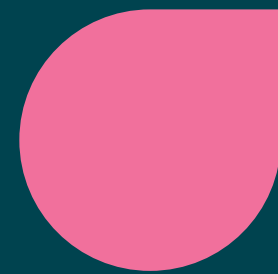
Play with Purpose

Saturday, 13th December

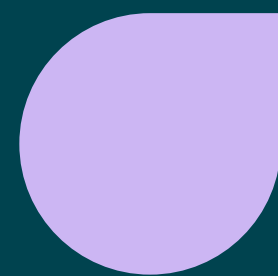
We're off to the Belfast Giants for an epic experience! You'll meet the key coaches who mentor and train the players. You'll get to see how dedication and enthusiasm lead to success, both on and off the ice.



Objective: To understand what it takes to be a leader driven by passion

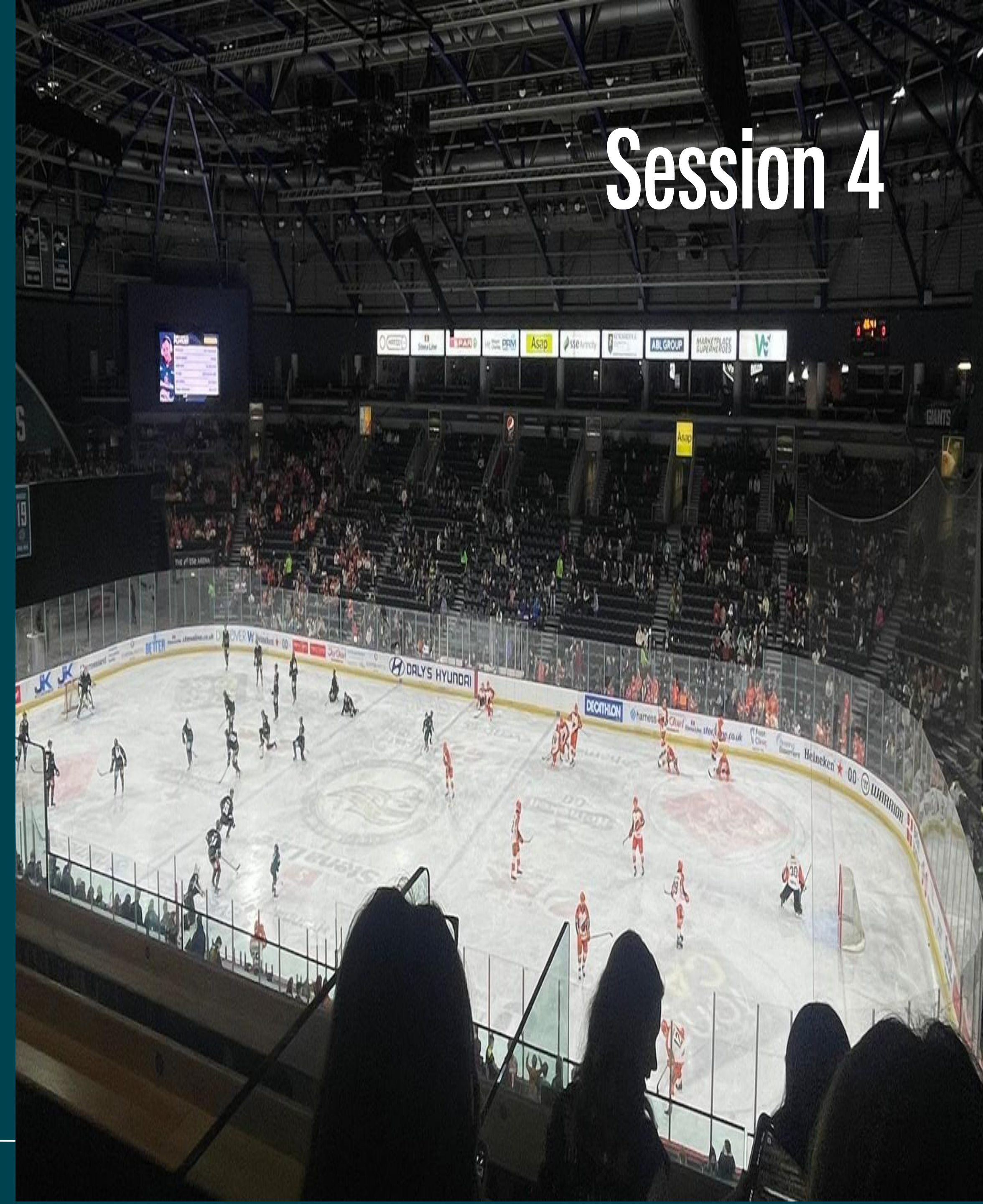


Seeing others passion firsthand



Connect with your peers

Session 4

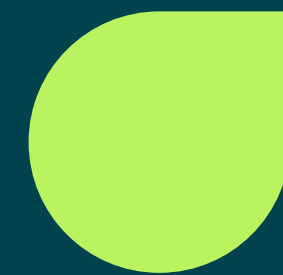


Session 5

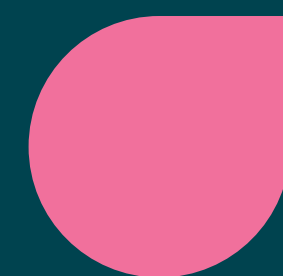
Is your heart in it?

Saturday, 24th January

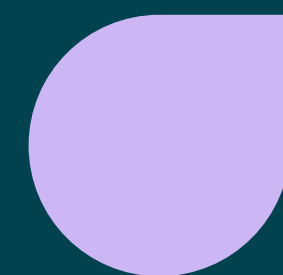
Kickstart the new year with IGNITE! In this session, we'll focus on your lifestyle, exploring your physical and emotional wellbeing, and helping you understand yourself better.



Objective: Learning how your lifestyle impacts your physical and emotional health



Physical health and emotional wellbeing exercises, learning anchoring techniques and vision board planning



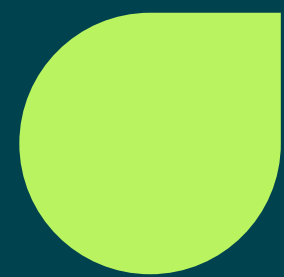
Gain resilience building techniques

Having Dreams that are greater than your fears

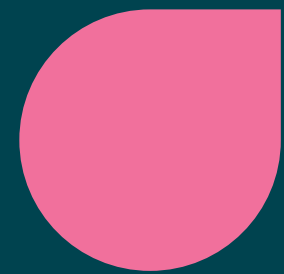
Session 6

Saturday, 21st February

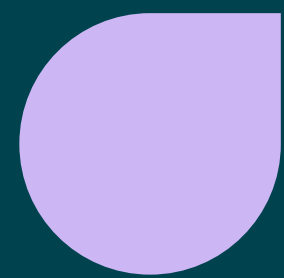
In this session, we'll hear from our world-class inspirational speaker, Chris Cook! He'll share his journey to success, starting from humble beginnings, his experiences from around the world, and the challenges he faced head-on.



Objective: Learning how to deal with setbacks



Learn how to develop resilience



Realise your ambitions and dreams



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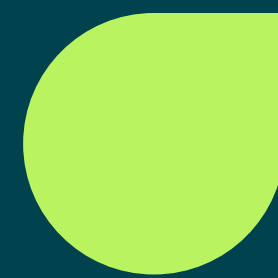
Session 7



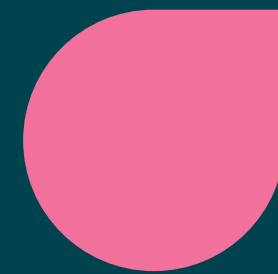
Ritualise to Actualise – Every expert was once a beginner!

Saturday, 21st March

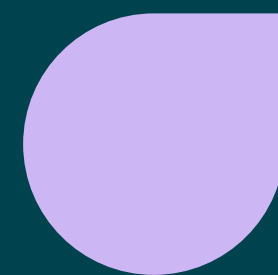
In our final session, we'll focus on applying all the skills and techniques you've learned throughout the programme. We'll also cover essential employability skills and welcome money management experts to help us better understand our relationship with money and finance.



Objective: Apply what you have learnt to present yourself and how to prepare for your onward journey



Reflect on your experience on the programme



Prepare for the graduation ceremony

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Graduation Time!

After all your hard work throughout the programme, you'll enjoy a graduation ceremony that celebrates your achievements and those of your peers. Graduates will be presented with their NLP diploma certificates and have the chance to reflect on their experiences in the IGNITE programme.



06th June

Apply Now!

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