

# CMY's Short Burst Training

## About

**Short Burst Training offers fun and interactive workshops for young people from migrant and refugee backgrounds.**

Our Short Burst Training series is designed to assist young people from migrant and refugee backgrounds who are involved, or want to be involved, in youth groups or youth-led initiatives, or who want professional development opportunities.

Short Burst workshops aim to provide young people with an introductory knowledge of leadership, and to support them at different stages of the development of their own initiatives.

Each module is 2-3 hours long and involves a combination of interactive discussion and group activities. Workshops can be delivered for groups of eight or more on request, at a time and location that suits the participants.

Workshops are free for independent community youth groups. Organisations may also request Short Burst training to complement their existing youth programs, for a service delivery fee.

Whilst we recommend completing the whole series (six modules in total), groups can request any or all of the following training modules. Please contact CMY's Short Burst Trainer to discuss which modules are the most appropriate for your group.

## Workshop overviews

### 1) Leadership

Topics covered include:

- Leadership skills and styles
- Leadership qualities
- Roles of a leader
- Communication
- Values & leadership
- Identifying barriers to leadership and ways to overcome these barriers

### 2) Team Building

Topics covered include:

- Creating a team charter
- Diversity & participation
- Group decision making
- Roles of groups members
- Conflict resolution



### 3) Project Management

Topics covered include:

- What is a project and identifying the needs
- How to plan a project
- How to promote a project
- How to deliver a project
- How to evaluate a project

### 4) Introduction to Media

Topics covered include:

- Understanding media
- Developing key messages
- Reaching different audiences
- Writing a media release
- Handling media interviews

### 5) Finding Funding

Topics covered include:

- Funding options available to youth groups
- Fundraising methods
- Sponsorship – why and how
- Grants – applications and jargon busting

### 6) Advocacy

Topics covered include:

- Defining advocacy
- Knowing the issues you're advocating
- Working with others and using networks
- Writing letters
- Advocacy campaigns

## Contact

For more information or to request a session, contact:

Centre for Multicultural Youth

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