OUTREACH
RESCUE



MANAGEMENT, FOLLOWERSHIP, LEADERSHIP, COMMAND: FOUNDATION

Goal:

To develop a culture of followership, accountability, and communication that enhances individual reliability and team cohesion in demanding settings.

Target group:

Professionals in non-supervisory roles across public, private, academic, and third sectors who are expected to perform reliably under pressure and contribute to team resilience.

Highlights:

- Focuses on behavioural foundations for high-performing teams in operational environments
- Developed and delivered by professionals from emergency services and humanitarian sectors
- Blends real-world scenarios with reflective practice for immediate workplace application

Foresight – MFLC : Foundation Course

Course length

14 hours (2 days)

Instructor

1:12

Certification

FORESIGHT–MFLC Foundation Certificate of Completion

Venue

Any Outreach Rescue training facility or client site by arrangement

Description

This foundation-level course introduces the behavioural and cultural skills required to operate effectively within high-performance teams. Drawing on real-world experience from emergency response, clinical, and humanitarian sectors, participants learn how to support colleagues and supervisors visibly, reliably, and professionally. Emphasis is placed on building followership, accountability, and communication—critical behaviours for non-supervisory professionals operating under pressure. Through practical activities and guided reflection, the course strengthens team culture and prepares participants for future leadership roles.

Compliance:

Delivered in alignment with the FORESIGHT–MFLC framework, applying operational standards developed from emergency, clinical, and humanitarian fields.

Previous knowledge:

No supervisory experience required. Suitable for individuals preparing for progression or seeking confidence in team contribution.

Requirements:

Delegates must be 18 or over and be able to demonstrate a willingness to participate in discussions within a scenario-based and group learning environment.

Progression:

Participants can progress to the FORESIGHT–MFLC: Supervision course, which builds on foundational behaviours with leadership, coordination, and staff management skills.

Theoretical elements:

– The role of followership in effective teams
– Professional communication across various platforms
– Accountability and reliability under operational pressure
– Trust, culture, and behaviour in teams
– Navigating stress, uncertainty, and team dynamics

Practical elements:

– Group-based decision-making under pressure
– Peer communication and feedback exercises
– Structured self-reflection and behavioural insight
– Collaborative workshops and real-world team tasks
– Application of case studies from emergency and humanitarian sectors