

UN Young Leaders Online Training Programme

Course Syllabus

28 July - 22 August 2025



UNITAR

The United Nations Institute for Training and Research (UNITAR) was established in 1963 as an autonomous body within the United Nations with the purpose of enhancing the effectiveness of the work of the UN and its Member States.

UNITAR designs and conducts close to 500 different training and knowledge sharing events per year for some 50,000 beneficiaries worldwide. Activities include diplomats, other government officials, nongovernmental representatives, local authorities and other stakeholders.

At the heart of UNITAR, the Division for Multilateral Diplomacy (DMD) delivers training and support workshops to address the needs of these international actors. DMD's activities cover a wide range of policy domains, including training on the United Nations system and skills development.

PURPOSE

There are an estimated 1.8 billion people today between the ages of 10 and 24, which is the largest generation of youth in human history. Their numbers are expected to grow—between 2015 and 2030 alone, about 1.9 billion young people are projected to turn 15 years old.

Connected to each other like never before, young people increasingly contribute to innovative solutions and inspiring political initiatives. They are agents of change, mobilizing to advance the Sustainable Development Goals (SDGs) and improving the lives of people and the health of the planet.

UNITAR is therefore delighted to implement the UN Young Leaders Online Training Programme, a four-weeks e-Learning course that will offer participants the chance to gain insights into the United Nations and will provide them with the knowledge and skills to fully unfold their potential as global leaders.



CONTENT

The content of the UN Young Leaders Online Training Programme consists of two main elements:

(i) four online learning modules and (ii) live-webinars with UN experts. These will allow participants to deepen their knowledge and develop necessary skills to become young leaders.

Online Learning Modules

The online learning modules cover four themes and are made available on UNITAR's e-Learning platform. They cover different topics around the United Nations, the importance of conferences, sustainable development as well as a set of skills required to engage with actors across cultures.

- Module 1: The United Nations (28 July – 03 August 2025)
- Module 2: Sustainable Development Goals (04 August – 10 August 2025)
- Module 3: Conference Diplomacy (11 August – 17 August 2025)
- Module 4: Cosmopolitan Communication (18 August – 22 August 2025)

Each module comprises approximately 30 pages of literature, external links, videos, and other relevant material, corresponding to a total workload of 6-8 hours per module. In total, the overall workload of the course, including the webinars, is 40-45 hours during the four weeks.

Draft Live-Components

The e-Learning modules will be complemented by a series of live-components with UN experts. These will be delivered through the software Zoom, which will have varying lengths and formats, and include live- webinars, e-workshops, and mock interviews:

Mon, 28, July	2:00 PM – 5:30 PM	3.5-hr e-workshop	Intro. to the UN and Human Rights
Wed, 30, July	2:00 PM – 3:30 PM	1.5-hr live-webinar	UN Peacekeeping & Other Operations: Overview
Mon, 04, Aug	2:00 PM – 5:30 PM	3.5-hr e-workshop	Conference Diplomacy
Wed, 06, Aug	2:00 PM – 3:30 PM	1.5-hr live-webinar	Virtual Guided Tour WMO and Geneva
Fri, 08, Aug	2:00 PM – 3:30 PM	1.5-hr live-webinar	UN Career Development
Mon, 11, Aug	2:00 PM – 5:30 PM	3.5-hr e-workshop	Sustainable Development Goals Workshop
Tue, 12, Aug	2:00 PM – 5:30 PM	3.5-hr e-workshop	Leadership Skills Workshop
Thur 14, Aug	2:00 PM – 3:30 PM	1.5-hr live-webinar	Expert Lecture on UNICEF
Fri, 15, Aug	2:00 PM – 3:30 PM	1.5-hr live-webinar	Emotional Intelligence
Mon, 18, Aug	2:00 PM – 5:30 PM.	3.5-hr e-workshop	Negotiation Skills and Techniques
Wed, 20, Aug	2:00 PM – 3:30 PM	1.5-hr live-webinar	Expert Lecture on FAO
Wed, 20, Aug	4:00 PM – 5:30 PM	1.5-hr live-webinar	UN's Work in the Field
Fri 22, Aug	2:00 PM – 3:30 PM	1.5-hr live-webinar	Final Reflection and Closing Ceremony

(All times are indicated in Geneva local time. Zoom Links will be available on the learning platform)



LEARNING GOALS

The UN Young Leaders Online Training Programme aims to provide participants with a nuanced balance between the knowledge and the skills necessary to understand the complexities of today's world and make a positive impact on it. After completion of the course, participants should be able to:

- Explain key components of the United Nations system and its agencies
- Understand the importance of conferences to address global issues
- Develop essential negotiation and communication skills across cultures
- Identify challenges and opportunities around the Sustainable Development Goals (SDGs)
- Adapt values and principles enshrined in the United Nations Charter



E-LEARNING PLATFORM

The e-Learning component is delivered via the e-Learning platform Moodle. This pedagogical tool helps the student meet the course's learning objectives through a self-paced study routine.

Materials are not to be posted on the platform all at once. Instead, they are made available on a rolling basis, being posted online every five days. This allows the participants to exclusively focus on the module at hand. Already completed modules stay on the platform until after the course.

The modules mostly contain the same structural elements:

- Introduction Video
- PDF Version of the Content
- Interactive Articulate Storyline Lessons
- Complementary Videos
- Discussion Board
- Assessment Quizzes
- Weekly Webinar

WORKLOAD

The overall workload during the four week-long course is between 40 – 45 hours. Distributed across the three main elements of the training programme, the estimated workload is shown below. Please note that this is an estimate and students are free to spend more time or less with these components:

1) E-Learning Modules	→ 3 hours per week	→ 12 hours in total
2) Live-Components	→ 7 hours per week	→ 28 hours in total
3) Discussion Board	→ 1 hour per week	→ 4 hours in total

Please see below one possible suggested schedule to distribute the workload evenly through the week:

	Monday	Tuesday	Wednesday	Thursday	Friday
10.30 – 14.00	Studying of Online Material	Studying of Online Material	-	-	-
Lunch Break					
14.00 – 17.30	Live Component	-	Live Component	-	Live Component
Coffee Break					
17.30 – 20.00	Discussion Board	Discussion Board	-	-	Discussion Board



EXPERTS' BIOGRAPHY



Mr. Jérôme L'host, expert for negotiation skills, is a dedicated senior consultant based in Geneva and Dubai, working internationally with both private and public sectors.

Mr. L'host attended the University of Savoie where he studied Public Administration & Economics (AES). Mr. L'host is a certified Myers-Briggs Type Indicator (MBTI) Coach, a UN-certified coach and trainer, as well as a Synaps-certified, and LSA (Leadership Style Analysis) Coach.

Prior to establishing himself as an Independent Consultant in 2009, Mr. L'host was a European Board Member and the country manager of both Switzerland and Russia for Dynargie Switzerland SA (International Training & Consulting group), with whom he worked for thirteen years.

Mr. L'host has managed more than 60 large-scale international projects in more than 60 different countries.

He is the founder and general manager of The November Company, a training and consulting group.



Ms. Alice Richard, trainer for the Sustainable Development Goals, is passionate about sustainability, inspiring action and serious about play. Alice's career has bridged private and non-profit sectors and has been built around products and collaborations that drive positive change.

A former United Nations staff member, she worked for UNICEF for 14 years leading product-based fundraising and partnerships. Founder of Co-CREATE ImpACT, an innovative sustainability training company, Alice's vision is a world where everyone champions sustainability. An engaging trainer she uses creative approaches and game-based experiences to educate, inspire and empower people to build a better world. Alice is a certified facilitator of The BOX Sustainability Mindset workshops and master trainer of the impactful

2030 SDGs Game. Alice is also Scottish national living in Switzerland who studied at the University of Cambridge.



Mr. Lars Tillfors, expert for Multilateral Conferences and Diplomacy, is a former Swedish Diplomat with a long experience of both Multilateral and Bilateral Diplomacy and negotiations with postings in New York, Geneva and Washington D.C. as a delegate and international civil servant.

He is experienced in running international and intergovernmental meetings and in interagency affairs as well as managing contacts with Missions and Member States delegates. He has been a consultant for UNITAR for many years and has performed training of Young Diplomats and International Civil Servants in Multilateral Diplomacy and UN negotiations. He is widely admired for his expertise in diplomacy as well as for his warmth and humour.



Ms. Elodie Tranchez, expert in human rights, currently is a human rights adviser with a civil society organization in Geneva. She has been a Human Rights Officer at the Office of the High Commissioner for Human Rights (OHCHR) in Geneva, Switzerland (2016-2020). Her expertise includes OHCHR in general as well as the Treaty Bodies, including human rights litigation, and the Human Rights Council.

Elodie gained her PhD in International Law from Paul Cézanne University in Aix-en-Provence France and has been lecturing on human rights and international law at Webster University for more than ten years.

As a smart and highly skilled professional, and very warm person, she is able to teach, strategically advise and advocate on human rights - in particular for matters in relation to civil and political rights.



Mr. Théo Fischer, expert for Leadership Skills, is a young Swiss Trainer with year-long experience in UNITAR workshops.

"What would our world look like if we allowed complexity to fully run its course? If each and every one of us was empowered to go his/her own way?" These questions, among many others, fascinate Theo and have shaped who he is today and his professional practice.

After studying management at the University of St Gallen, he worked for two years at euforia as a Creator of Opportunity (COO) before continuing with a Master's degree in Strategic Leadership for Sustainability in Sweden. For the past five years, he has been working as a facilitator and program designer for individuals, groups and organizations wishing to unleash their collective potential to create radical change.



Dr. Silvia Bottega holds a B.A. (Hons) in Political Science – International Relations (University of Perugia), a MA (Hons) in International Relations – Foreign Policy and International System (University of Perugia), and a Ph.D. in Strategic Science (University of Turin). Her main areas of interest are: the changing character of warfare and its humanitarian impact on different groups, including combatants, captives and hostages, women, displaced persons and refugees. She worked at the UNRWA's West Bank Field Office in East Jerusalem (Gender mainstreaming/Poverty alleviation programmes). She is currently an Associate Professor and Associate Dean (International Collaborations) at the Jindal School of International Affairs.



Ms. Nicole Smart is an International Corporate Trainer with expertise in Leadership, Management, and Organisational Development. A certified Executive Coach and Neurolinguistic Programming Practitioner, she also has experience as a TEDx and guest speaker. Nicole combines her background in Communication Science—with a focus on Organisational and Social Psychology—with her extensive professional training skills. She is known for delivering dynamic workshops both in-person and online, drawing on her training as a television presenter to effectively engage global audiences since 2014.

Nicole delivers training for prominent institutions such as the United Nations Institute for Training and Research (UNITAR) and the Al Jazeera Media Institute. In 2018, she was selected as one of 10 international speakers to deliver a TED Talk at TEDx Muscat. She also serves as the Executive Coach and Advisor for Consulting Evolution Mining in South Africa. Through her company, Nicole Smart International (PTY) Ltd, she provides

bespoke training, coaching, and consulting services to organisations around the world.



Mr. Anton Glaeser is an Austrian professional with 30 years of experience in international development cooperation. He spent two decades living and working in countries such as Kenya, Tanzania, Sudan, Malawi, and Laos before relocating to Rome, Italy. His career began in 1994 as a Project Manager with various international development organizations. In 2012, he joined the UN Food and Agriculture Organization (FAO) as a Senior Investment Officer at the Investment Center, where he collaborated with the World Bank, IFAD, and other partners until 2022.

Throughout his career, Anton has successfully led teams in complex and often challenging environments, demonstrating strengths in strategic planning, conflict resolution, and emotional

support. Today, he continues to support others in his role as a life coach.



Mr. Samwel Oyunge, a self-driven young consultant at the United Nations Institute for Training and Research (UNITAR) at the Division for Multilateral Diplomacy. He is skilled in the Project Management Cycle of UNITAR's Event Management System. He is Passionate about strengthening the spirit of multilateralism among nations and institutions.

Samwel holds a Bachelor of Science degree in Geology from the University of Nairobi, complemented by a certificate in Training

Development by UNITAR. He is a Kenyan national.

COMPLETION REQUIREMENTS

Participants are eligible for a certificate of completion after successfully fulfilling the below requirements. Participants who fail to fulfil these requirements will receive a certificate of participation of lesser value.

Passing the multiple-choice assessments; each module will feature an assessment quiz about its content. It contains 10-20 questions, and passing the module requires at least 80% of the questions correctly answered. You may take the test up to three times and your best attempt counts.

Participation in the discussion board forums; the course moderators will post questions on every module, which participants are supposed to engage with. Your posts will be evaluated according to both quantity and quality (e.g., content relevance and contribution to overall discussion).

Playing an active role in the live-components; during the webinars and e-workshops, participants have many opportunities to ask questions or to actively engage in interactive exercises. Besides the chat function, participants are encouraged to unmute themselves and ask questions directly.

Before moving to the next module, participants should: (a) read the core module text, (b) participate in the discussion board forum and c) pass the module's assessment quiz.

Participants with outstanding results in the above three categories will have the opportunity to ask for an official letter of recommendation from UNITAR alongside the certificate of completion.



STUDY PLANNING

Online training, by its very nature, entails the delivery of educational content over the internet. As you will proceed in this course, training materials will be made available to you through UNITAR's e-Learning portal. This course will also provide links to other web resources such as references and documents.

The UNITAR team is available to provide guidance and user information to help you participate and contribute actively to the discussion forums, which are an important requirement for completing this course. You will also have access to course moderators who will animate the discussion board.

The advantages of online training are many. You can:

- ✓ schedule and pace your learning according to your specific needs
- ✓ work from office or home as long as you have a computer with an internet connection
- ✓ connect with your fellow participants and instructors through the learning portal

The lack of face-to-face interaction will require more discipline and proactive planning on your end in order to successfully meet the course's learning objectives. In this regard, it is thus different and distinct from a traditional face-to-face training course.

The course PDF files indicate how long modules last and when materials will be posted online. Note that following the last week, material will remain available online for the foreseeable future. Participants may also be granted a limited amount of extra time to complete all requirements.

Although this online course is asynchronous – meaning that the interaction between you and the trainers or fellow participants will take place intermittently with a time delay – it will be important to establish a course study routine that best adapts to your work schedule and other commitments.

TECHNICAL SUPPORT

For any technical issue or coordination matter, you may contact the Multilateral Diplomacy Programme e-Learning Team (MDP e-Learning Team) by sending a message through the UNITAR Virtual Learning Environment.

You may also contact us by email. Email support is available 24/7, and emails will be answered within 24 hours.

Multilateralism Team

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Phone support hours: 8 am to 5 pm UTC/GMT