



# LEDGE WORKSHOPS

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DETAILED DESCRIPTIONS

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1

## Building Leadership Presence - Navigating Stress:

As humans, we have a natural tendency to protect ourselves from feeling vulnerable. When faced with fear or stress, we respond with reactivity and form habits around those reactions. These Reactivity Habits lead to stress and conflict in relationships with others, increase personal stress, and negatively impact mental and emotional wellness. However, we can become people who are more resilient in stressful situations by developing new practices!

### Objectives:

- Review the impact of stress on people
- Learn about the 6 primary ways people react to stress
- Identify the stress reactions unique to each person
- Learn practices to manage your stress reactions

2

## Leading Engaging Team Meetings:

Meetings can be place where people are open and honest, know they are valued and being heard, and leave with clear action steps. You can learn to lead a meeting where teammates build stronger connections, apply solutions for conflict resolution, and increase team effectiveness. You will leave this workshop with a Team Check-In Model, created in partnership with mental health professionals and business leaders, to help you implement consistent practices to create a team that thrives.

### Objectives:

- Increase your ability to build healthy and close connections with the members of your team
- Develop practices to help your team communicate openly, deal with differences, and resolve conflicts
- Discover how reflection and evaluation will help your team develop a clear plan for the future
- Receive a team meeting management tool that you can apply in your own context

3

## Communicating With Confidence and Clarity:

We all want to be effective communicators. Leaders find themselves in a variety of contexts that require thoughtful and appropriate ways to communicate messages that are important to us. In many cases, we will battle our own fear and insecurities with giving a presentation. We can learn to overcome our fear by being prepared and clear about what we want to say.

### Objectives:

- Learn the 3 primary components to meaningful communication
- Effectively communicate during one on one meetings
- Learn to give public messages by preparing and presenting yourself to maximize your message
- Explore how to make the most of digital communication

4

## Dealing With Differences:

For most people, the thought of talking through a conflict with another person is overwhelming and avoided at all cost. We spend time talking to friends and family about a conflict we have with a person before we ever consider discussing it with that person. Negative experiences with past conflicts and personal fear hold us back from handling these situations directly. This workshop will help you learn a simple and effective approach to dealing with differences personally and professionally before these differences become conflicts.

### Objectives:

- Learn what differences are and how we all have them
- Identify the differences that can lead to conflict
- Explore a method to navigate conflict
- Learn to be a leader that helps your teammates manage conflict effectively

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# LEDGE WORKSHOPS

5

## Leadership Practices:

Have you ever wondered if leaders are born or made? Are some of us considered to be special people and the rest of us...just ordinary? As we examine leaders throughout history and the recent research about leadership, we find that ordinary people can and do lead in extraordinary ways. Your DNA, your position, or your title do not determine your capacity to lead. Leadership is a learnable set of behaviours and skills that, when practiced, can move you to be an exemplary leader.

### Objectives:

- Explore what it means to be a leader
- Learn the 5 Leadership Practices that make the difference
- Discover how to develop the Leadership Practices
- Apply your learnings to your current leadership context

6

## Stand Up for Change

Youth will explore how leadership and advocacy work together to bring about change in their community as they discover the needs in their community and identify potential projects. Students leave with a deeper understanding of their own leadership capacity and how to move forward with action.

### Objectives:

- Understand what youth advocacy is and how to engage in it
- Explore your capacity to lead and take action
- Examine different communication styles
- Identify issues and needs that are important in your community
- Identify solutions and a project that would meet the needs

7

## Creating Student Centred Spaces

This workshop brings you the learnings we have discovered from our successful youth program for students called Coviidsucks-Let's Talk About It. We will walk through the critical elements of creating a safe space for students to be open, engage in content, and learn practices for building personal resilience and self-leadership. We will help you develop positive programs where students can move forward with optimism in the midst of uncertainty.

### Objectives:

- Discover ideas for designing safe virtual and in-person spaces to encourage reflection and expression
- Expand your capacity to facilitate student experiences with empathy and personal engagement
- Explore ways to co-develop wellness programs with students

8

## Teams That Change the World - How Sharing Power Transforms

Many people are stuck trying to survive on a disconnected and ineffective team. Everyday it drains the life out of them to work closely with people they can't trust and who use power to control one another. Your team should be a place where you thrive! Team meetings can be anticipated and a source of inspiration and creativity. Team members can know what is happening in the life of their teammates. A team can enjoy the accomplishment of working on a project knowing they have the support and feedback of trusted teammates. This workshop will explore how teams that learn to share power will build trust and empower each other as equals.

### Objectives:

- Learn what shared leadership is and why it stands apart
- Explore the significance of relationship and mission
- Understand the impact of individual power on a team

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