



LEADERSHIP ACADEMY OVERVIEW

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| SESSION 1 January 13, 2022 | SESSION 3 March 3, 2022 |
| Program Overview Reflections on Leadership Introduction to Personal Leadership Resources (PLR's) | Real Case Studies Introduction to Personal Mission Statement |
| SESSION 2 February 10, 2022 | SESSION 4 March 31, 2022 |
| Leading with and through change Applying PLR's to leadership through change and other challenges | Exploring key areas based on participant feedback: eg. Team Capacity, Prioritization, Difficult Conversations, Coaching with Intent, Resilience |
| SESSION 5 April 21/22, 2022 (in person, Kingston) *Includes 2021 cohort | |
| Gathering, plenary, networking Keynote, Breakout groups, Consolidation of Learning Celebrating Personal Mission Statements and completion of program (2022 cohort) | |
| ONGOING <ul style="list-style-type: none"> ● Mindfulness and Self-Reflection ● A Senior Leader will be invited to each session to share their experience using the PLR framework ● Small group breakout discussions ● Availability of facilitators to support participants individually on their personal mission statement development and/or other leadership wonderings/challenges | |