

## Leadership U Workshops

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**Tuesdays from 5-6 p.m. in CSU 245 unless otherwise noted\***

### FALL 2018

#### September 4- KICK-OFF EVENT

This is a time when students interested in learning more about the Leadership U program can come and hear what we have planned for the year. We will offer free snacks and beverages and you will meet other students who are already part of the program.

[RSVP in Engage.](#)

### SELF-AWARENESS & DEVELOPMENT

#### September 11- Leadership and Self-Development

It could be learning new technology or how to improve your public speaking skills, leaders are always learning. Whether it's voluntary, sought out for fun, or out of necessity, the best leaders crave learning and are advocates of self-development.

If you attend, you will leave the workshop with:

- An understanding of the value of self-development
- A greater value of developing yourself
- A stronger motivation to seek out self-development opportunities

As a result, we hope you will find yourself engaging in more opportunities to develop and grow.

[RSVP in Engage](#)

#### September 18- Leadership and Receiving Feedback

Self-awareness is essential if a leader wishes to develop and enhance his or her effectiveness with others, but self-assessment in and of itself is not enough. There are elements that are not visible to the individual in the same way that they are to others. All too often this means these areas go unaddressed or aren't addressed well. Being able to consider the feedback of others is essential for a leader to best develop his or her skills and increase his or her effectiveness with others.

If you attend, you will leave the workshop with:

- An understanding of the value of considering the feedback you receive
- A greater value placed on taking others feedback into consideration
- A stronger motivation to receive and consider feedback from others

Seemiller, C. (2014). *The student leadership competencies guidebook: Designing intentional leadership learning and development*. San Francisco: Jossey-Bass.

As a result, we hope you will find yourself considering feedback from others and integrating their feedback as you move through your leadership journey. [RSVP in Engage](#)

### September 25- Personal Contributions and Leadership

Everyone has assets, those aspects of themselves that are helpful and contributory, including ideas, strengths, knowledge, and abilities. Leaders who know what their assets are can tap into them to lead more effectively. An example would be the leader who contributes the strength of compassion when someone falls on hard times. Leaders give of themselves to enhance their organization.

If you attend, you will leave the workshop with:

- An understanding of the value of offering one's own contributions
- A greater value placed on offering one's own contributions
- A stronger motivation to offer one's own contributions

As a result, we hope you will find yourself offering of yourself when the time and situation is right. [RSVP in Engage](#)

### October 2- Workshop Reflection and Social Gathering

This is a time when you will join with other students to reflect on and share what you've learned from the self-awareness and development workshops you've attended up to this point. The time together will be fairly relaxed and the student board will provide snacks. [RSVP in Engage.](#)

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## INTERPERSONAL INTERACTION

### October 9- Leadership and Motivation

People are motivated to complete tasks for different reasons. Some are internally motivated to by drive or desire, while others may be motivated by external factors like rewards and incentives. Understanding the unique ways in which people are motivated can help a leader engage in custom ways that motivate each person.

If you attend, you will leave the workshop with:

- An understanding of how to motivate others
- A greater value placed on motivating others as they need
- A stronger motivation to learn how to select and apply motivation strategies

Seemiller, C. (2014). *The student leadership competencies guidebook: Designing intentional leadership learning and development*. San Francisco: Jossey-Bass.

As a result, we hope you will find yourself selecting and applying different motivation strategies unique to the individuals that work alongside you. [RSVP in Engage](#)

### October 16- Empowerment and Leadership \*CSU 101

Leaders recognize the advantage of empowering others. Sharing power, information, and resources allows others to have an investment in a task or process and can provide them a sense of ownership, accountability, and commitment. This often leads to higher-quality work, better timeliness and follow-through, and greater commitment to the task and team.

If you attend, you will leave the workshop with:

- An understanding of how to empower others
- A greater value placed on empowering others
- A stronger ability and willingness to empower others

As a result, we hope you will find yourself sharing power, information, and resources with others when it seems it may be helpful to the group or organization. [RSVP in Engage.](#)

### October 23- U-LEAD Conference

The U-LEAD Conference is open to all students on campus. There are various workshop sessions throughout the time of the conference, which students can self-select to attend. The conference begins at 4:30 p.m. with the first session of workshops beginning at 5:20 p.m. and the second round at 6:20 p.m. An educational dining etiquette meal will take place then at 7:20 p.m. More information and details are forthcoming, but be sure to mark your calendar in the meantime for this great learning opportunity! [RSVP in Engage.](#)

### October 30- Collaboration and Leadership

There are times and situations when it is more beneficial to work together than to work independently. Solving a difficult problem or ethical dilemma are great examples. Multiple voices and minds offer new ideas and ways of seeing the situation, while creating a sense of group commitment and responsibility.

If you attend, you will leave the workshop with:

- An understanding of how to collaborate effectively
- A greater value placed on collaborating effectively
- A stronger ability and willingness to work collaboratively

As a result, we hope you will find yourself working more effectively with others toward a common objective through sharing of ideas and tasks. [RSVP in Engage.](#)

### November 6- Leadership and Helping Others

This is one of the few workshops where 2 competencies will be covered, but the two as you can imagine often work hand in hand in real life. There are times in any person's life when they could benefit from assistance, whether to make something less difficult or less time consuming. Because leaders care, they know the value in helping others and in practicing empathy as they do so.

If you attend, you will leave the workshop with:

- An understanding of the value of helping others beyond your own responsibilities
- A greater value placed on helping others beyond your own responsibilities
- Greater motivation to help others beyond your own responsibilities
- An understanding of how to demonstrate empathy
- A greater value placed on demonstrating empathy in the right circumstances
- The skills to demonstrate empathy in the right circumstances

As a result, we hope you will find yourself helping others beyond your own responsibilities while practicing empathy as you do so. [RSVP in Engage.](#)

### November 13- Mentoring and Leadership

The best leaders are able to share their knowledge, ability, and experience with developing leaders to help them grow in their capacities. Not only is this good for the less experienced leader, but it contributes to team productivity, trust, and more group cohesion.

If you attend, you will leave the workshop with:

- An understanding of how to mentor others effectively
- A greater value placed on mentoring others effectively
- A stronger ability and willingness to mentor others

As a result, we hope you will find yourself using your expertise and experience to teach, coach, share resources, and challenge others with less experience or knowledge so that they can reach their potential. [RSVP in Engage.](#)

### November 20- Workshop Reflection and Social Gathering

This is a time when you will join with other students to reflect on and share what you've learned from the workshops you've attended up to this point. In particular, the workshops under *interpersonal interactions*. The time together will be fairly relaxed and the student board will provide snacks. [RSVP in Engage.](#)

### November 27- Winter Break Holiday Party

Yes, it is exactly as it sounds! Students who have participated in any of the Leadership workshops up to this point will be invited to come together one last time before leaving for winter break. *Free food and beverages will be provided!* [RSVP in Engage.](#)

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## Spring 2019

### January 15- Welcome Back Social

Just as it sounds, students who have participated in any of the Leadership workshops up to this point will be invited to come together to and share their winter break experiences over free food and beverages. [RSVP in Engage.](#)

## GROUP DYNAMICS

### January 22- Leadership and Group Development

Working together is not just about achieving an outcome; it is about participating in a process. Leaders need to be constantly observing how the group is coming together to ensure the group feels connected and committed to one another. Only then does trust develop and grow so that members begin sharing ideas, giving feedback, and following through on agreed upon tasks. Leaders who gain an understanding of how groups form and develop will be the best equipped to foster positive, productive group development.

If you attend, you will leave the workshop with:

- An understanding of how to facilitate the process of group development
- A greater value placed on facilitating the process of group development
- A stronger ability and willingness to facilitate the process of group development

As a result, we hope you will find yourself assisting groups in developing a sense of shared purpose, commitment, trust, and effectiveness. [RSVP in Engage.](#)

### January 29- Leadership and Creating Change

Nothing stays the same; people, environments, and organizations change. This can be a challenging time for people, structures, and processes. Poorly implemented change can be detrimental to the group and its members. Leaders must be mindful of context and the people involved as they implement changes if they wish to have a successful transition.

If you attend, you will leave the workshop with:

Seemiller, C. (2014). *The student leadership competencies guidebook: Designing intentional leadership learning and development*. San Francisco: Jossey-Bass.

- An understanding of how to create change effectively
- A greater value placed on creating change effectively
- A stronger ability and willingness to apply strategies to create effective change

As a result, we hope you will find yourself using the most appropriate methods of creating change given the context of each situation. [RSVP in Engage.](#)

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## COMMUNICATION

### February 5- Writing and Leadership

Leaders need to be able to communicate effectively through writing. At any time a leader may have to create a strategic plan, a proposal, write a performance evaluation, or type up an email. Failure to write effectively can result in missed opportunities, miscommunication, or even misrepresentation of oneself or one's organization.

If you attend, you will leave the workshop with:

- An understanding of how to write effectively
- A greater value placed on being able to write effectively
- A stronger ability and willingness to learn to communicate effectively in writing

As a result, we hope you will find yourself improving your ability to communicate effectively in written format, including demonstrating a clear organization of your thoughts, using words that reflect your intended meaning, and delivering the information in a readable, clear, and concise manner. [RSVP in Engage.](#)

### February 12- Leadership and Facilitation

Groups are powerful engines of problem solving, innovation, and decision making. To best utilize the group process, leaders need to be able to lead discussions well, ask the right questions, and synthesize information. This will enable the group to maximize their potential in solving difficult problems, dreaming up new ideas, and making challenging decisions.

If you attend, you will leave the workshop with:

- An understanding of how to facilitate effectively
- A greater value placed on being able to facilitate effectively
- A stronger ability and willingness to learn to facilitate effectively

As a result, we hope you will find yourself leading the group process well during a meeting, presentation, or gathering without inputting your own opinion by directing the flow of the discussion. [RSVP in Engage.](#)

Seemiller, C. (2014). *The student leadership competencies guidebook: Designing intentional leadership learning and development*. San Francisco: Jossey-Bass.

### February 19- Leadership and Conflict Negotiation

No group or organization is without conflict. Leaders are sometimes a part of the conflict or they are helping others manage conflict. Managing conflicts poorly can result in strained relationships, lack of group cohesion, and limited to no trust amongst team members. Leaders need skills for managing conflict so the group can continue moving forward.

If you attend, you will leave the workshop with:

- An understanding of how to negotiate conflict effectively
- A greater value placed on being able to negotiate conflict well
- A stronger ability and willingness to learn to negotiate conflict well

As a result, we hope you will find yourself practicing conflict negotiation skills whenever the opportunity presents itself, so that you can become an effective conflict negotiator.

[RSVP in Engage.](#)

### February 26- Workshop Reflection and Social Gathering

This is a time when you will join with other students to reflect on and share what you've learned from the workshops under group dynamics and communication. The time together will be fairly relaxed and the student board will provide snacks. [RSVP in Engage.](#)

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## PERSONAL BEHAVIOR

### March 12- Ethics and Leadership

Leaders are not exempt from the ideals or principles others are held accountable to; leaders are the model that others follow. Leaders are trusted to make decisions with far-reaching effects and must hold themselves to the highest standard. Leaders who act ethically are trusted, inspirational, and fulfill the duty of care for those they lead.

If you attend, you will leave the workshop with:

- An understanding of how to act in an ethical manner and why it's important
- A greater value placed on acting in an ethical manner
- A new motivation to act in ethical ways

As a result, we hope you will find yourself upholding standards of conduct based on socially accepted values. [RSVP in Engage.](#)

### March 19- Leadership and Responding to Ambiguity

Leaders can't control all circumstances or have all the answers, so they must be able to respond to uncertainty and the unknown. Being able to adapt quickly, change direction, and move forward with limited information is necessary when leading. Understanding and accepting that as a leader, plans may change or need to be altered with newly presented information, will help relieve anxiety while leading through uncertain times.

If you attend, you will leave the workshop with:

- An understanding of how to respond to ambiguity effectively
- A greater value placed on being able to respond well to ambiguity
- A new motivation to respond effectively to unpredictable situations

As a result, we hope you will find yourself responding to unpredictable situations by adapting your plans at the last minute, shifting gears as new information is presented, and/or moving forward with limited information. [RSVP in Engage.](#)

### March 26- Leadership and Attitude

Life sometimes throws us unexpected challenges, changes, and actions by others that can be difficult to handle. The attitude a leader takes when things like these come along is crucial. A positive attitude can instill a sense of optimism, hope, inspiration, and enthusiasm despite circumstances being less than ideal.

If you attend, you will leave the workshop with:

- An understanding of how demonstrating a positive attitude can be helpful
- A greater value placed on being able to exhibit an optimistic outlook
- A new motivation to exhibit a positive attitude and outlook

As a result, we hope you will find yourself exhibiting an optimistic outlook when greeted with less than ideal situations. [RSVP in Engage.](#)

### April 2- Confidence and Leadership

Followers want to believe in their leaders and often look to them for inspiration and assurance. This makes it incredibly important for leaders to be able at least look as though they believe in themselves. Demonstrating confidence in difficult times will comfort your followers.

If you attend, you will leave the workshop with:

- An understanding of how to demonstrate confidence
- A greater value placed on being able to demonstrate confidence
- A new motivation to exhibit confidence

Seemiller, C. (2014). *The student leadership competencies guidebook: Designing intentional leadership learning and development*. San Francisco: Jossey-Bass.

As a result, we hope you will find yourself exhibiting confidence and certainty in your beliefs, knowledge, convictions, and/or capabilities. [RSVP in Engage.](#)

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## LEARNING & REASONING

### April 9- Leadership and Problem Solving

Leaders are often connected to a larger system, which means the stakes may be higher when problems need solving. Having an aptitude for finding solutions is paramount to being a leader. It can prevent damage, achieve successful and productive outcomes, and prevent problems from reoccurring.

If you attend, you will leave the workshop with:

- An understanding of how to solve problems effectively
- A greater value placed on being able to solve problems effectively
- A new motivation to develop skills for solving problems

As a result, we hope you will find yourself improving in your ability to identify and examine problems, develop and assess possible solutions, and select the most appropriate solution to problems as they come up. [RSVP in Engage.](#)

### April 16- Decision Making and Leadership

Decision making opportunities are often unending for leaders. The contexts and people may change, and a leader must know which factors to consider if they wish to make effective decisions.

If you attend, you will leave the workshop with:

- An understanding of the value of making decisions appropriate to each situation
- A greater value placed on being able to make decisions appropriate to each situation
- A new motivation to make decisions appropriate to each situation

As a result, we hope you will find yourself making more decisions with context in mind. [RSVP in Engage.](#)

### April 23- Workshop Reflection and Social Gathering

This is a time when you will join with other students to reflect on and share what you've learned from the workshops under personal behavior and learning & reasoning. [RSVP in Engage.](#)

April 30- End of Year Celebration

Exactly as it sounds...students who have participated in any of the Leadership workshops during the 2018-19 academic year, will be invited to come together one last time before leaving for the summer. *Free food and beverages will be provided!*

[RSVP in Engage.](#)

\*If you have any questions, please email the student board at [leadershipu@mnsu.edu](mailto:leadershipu@mnsu.edu).