

Agenda

Discovering Your Leadership Strengths to Become Effective and Empowered
Saturday, February 21, 2009
8:00 AM to 11:30 AM

In this session, participants will:

- Explore the strengths and skill sets of leaders.
- Discuss the difference between management and leadership.
- Discover their unique and natural leadership style/strengths.
- Understand the role of leadership in fostering an organizational climate that empowers and inspires people.
- Discuss how to take exercises presented in this workshop and apply them at work.
- Explore next steps for developing their leadership capacity.

8:00 Welcome and introductions

8:15 Overview of the session

8:25 What is leadership and how does it differ from management?

Video clips from interviews with MCH leaders. Group discussion.

8:40 Pace Color Palette

Exploration of individual personality, communication, and leadership strengths. Small group discussion.

9:10 Tapping into your leadership potential: Mini-lecture and coaching demonstration

Brief video lecture. Demonstration of coaching to build on leadership strengths. Small group coaching activity.

10:15 Break

10:25 Childhood obesity case study

Translating leadership concepts into a familiar MCH example. Small group work.

11:10 Closure and planning

Application of the day's work to participants' own leadership challenges.

11:25 Feedback on the session

11:30 Adjourn

Coaching Exercise Questions:

- 1) Think about the challenge you wrote on your 3x5 card and identify a strength in your particular color palette that will help you address that challenge.
- 2) Tell me about a point in time where you exhibited this strength.
- 3) On a scale of 1-10 (10 being the 100%) how much are you honoring/expressing this strength at work?
- 4) If you were to honor this strength at a 10 (or more), what would be different at work?
- 5) Brainstorm at least 5 things you can do to honor this strength at work.
- 6) What 1-2 things will you try in March? At this Conference?