

Exploration

Skilled Facilitator Series

Series Part One - **75 minutes**

Series Part Two - **90 minutes**

Audience: Encouraged for student leaders or groups who regularly lead meetings, facilitate activities, or serve in mentoring capacities.

Overview: In this series, participants will develop facilitation and debriefing skills, practice the art of co-facilitation, and develop dialogue facilitation skills.

Intro to Leadership

One-Time Session - **60 minutes**

Audience: Encouraged for all students, clubs, groups, and organizations as a foundational introduction to leadership education and the LeadUM model.

Overview: In this session, participants will define what it means to lead, explore core values, and map their leadership actions to align with their values.

Empowerment

Leading Through Change

One-Time Session - **90 minutes**

Audience: Recommended for student leaders or groups who are navigating transition and seeking support through some type of personal or group change (i.e. office transition, changing majors, exec board changes, etc.)

Overview: In this session, participants will discuss transition, explore individual difference in response to transition, and develop tools for responding to change.

Solving Leadership Challenges

Retreat-Style - **3 Hours**

Audience: Offered to student organizations, teams, or groups who are seeking support in overcoming intragroup tensions or challenges.

Overview: At this retreat-style session, groups will name organizational tension, explore adaptive leadership skills, and develop strategies for personal and group responses to stressors.

Team Leadership

One-Time Session - **90 minutes**

Audience: Encouraged for new clubs, groups, and organizations as a foundational introduction to leadership and establishing team dynamics.

Overview: In this session, participants will establish group community standards, identify personal and group values, and align those values with team's vision, mission, and purpose.

Change

Inclusive Leadership

One-Time Session - **90 minutes**

Audience: Encouraged for all who seek to create more inclusive spaces on campus and in their communities.

Overview: In this session, participants will define inclusive leadership, understand the role of social identity in leadership, and challenge themselves and others to interrupt marginalizing behaviors.