

# MyLeadershipHub LEAD Program





## Overview

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**The Leadership Essentials for Accelerated Development (LEAD)** program allows participants to develop critical skills and awareness and become more effective at leading their teams in pursuing long-term strategic objectives.

The program examines self-awareness, communication skills, conflict navigation, cultivating adaptability, creating healthy workplaces, and other practices.

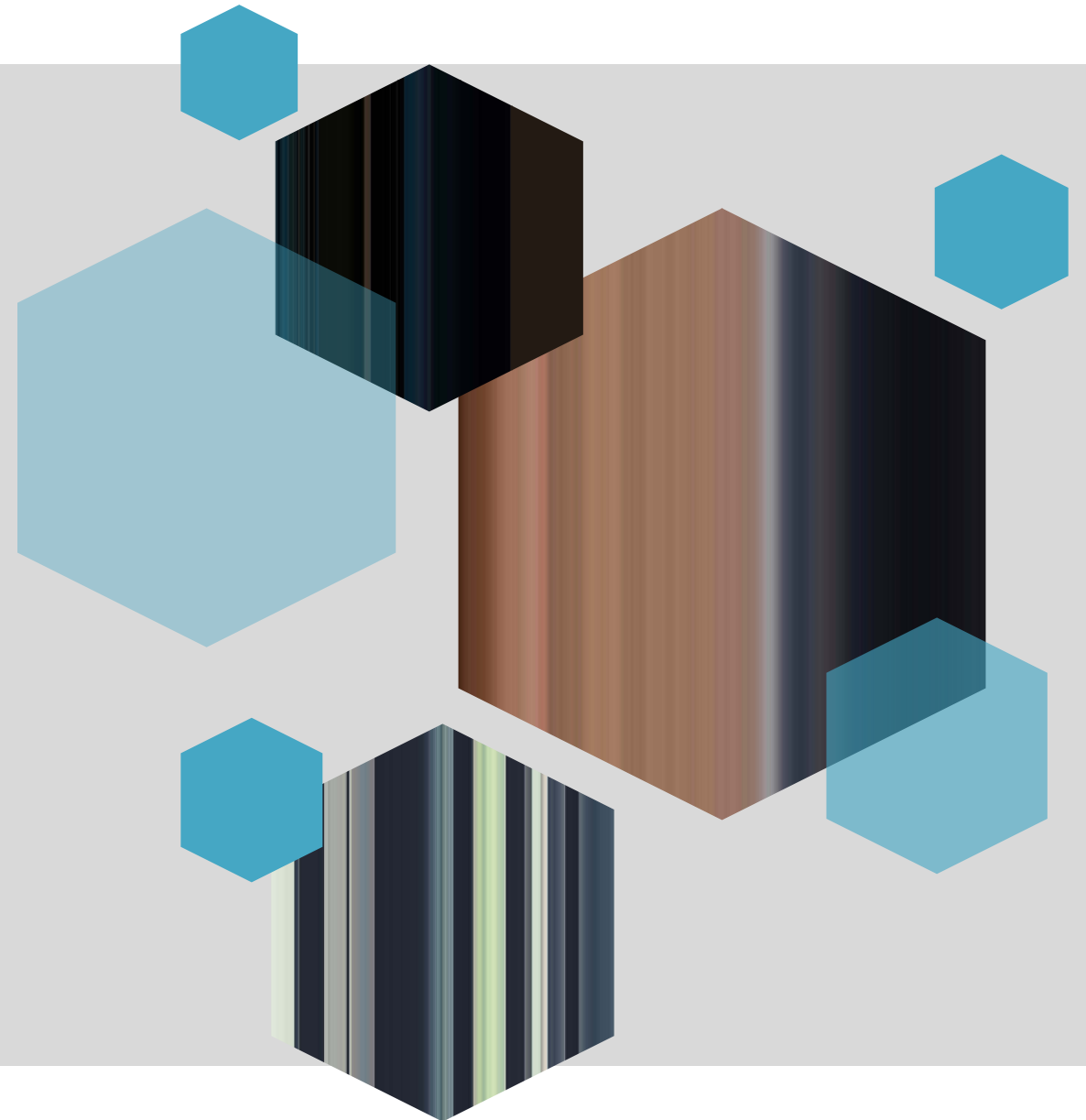
# LEAD Program

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**The LEAD program** instills in leaders the concrete and practical skills essential for developing effective personal and group leadership practices using:

- **Online Self-Paced Courses**
- **Learning Review Calls**
- **Leadership Labs\***
- **Education Sessions\***

The LEAD program includes 12 online courses and 9 learning review calls. The LEAD+ program consists of the LEAD curriculum plus 2 education sessions and 4 Leadership Labs.



# Program Schedule

The LEAD and LEAD+ programs are outlined below.

## LEAD Program Schedule



## LEAD+ Program Schedule

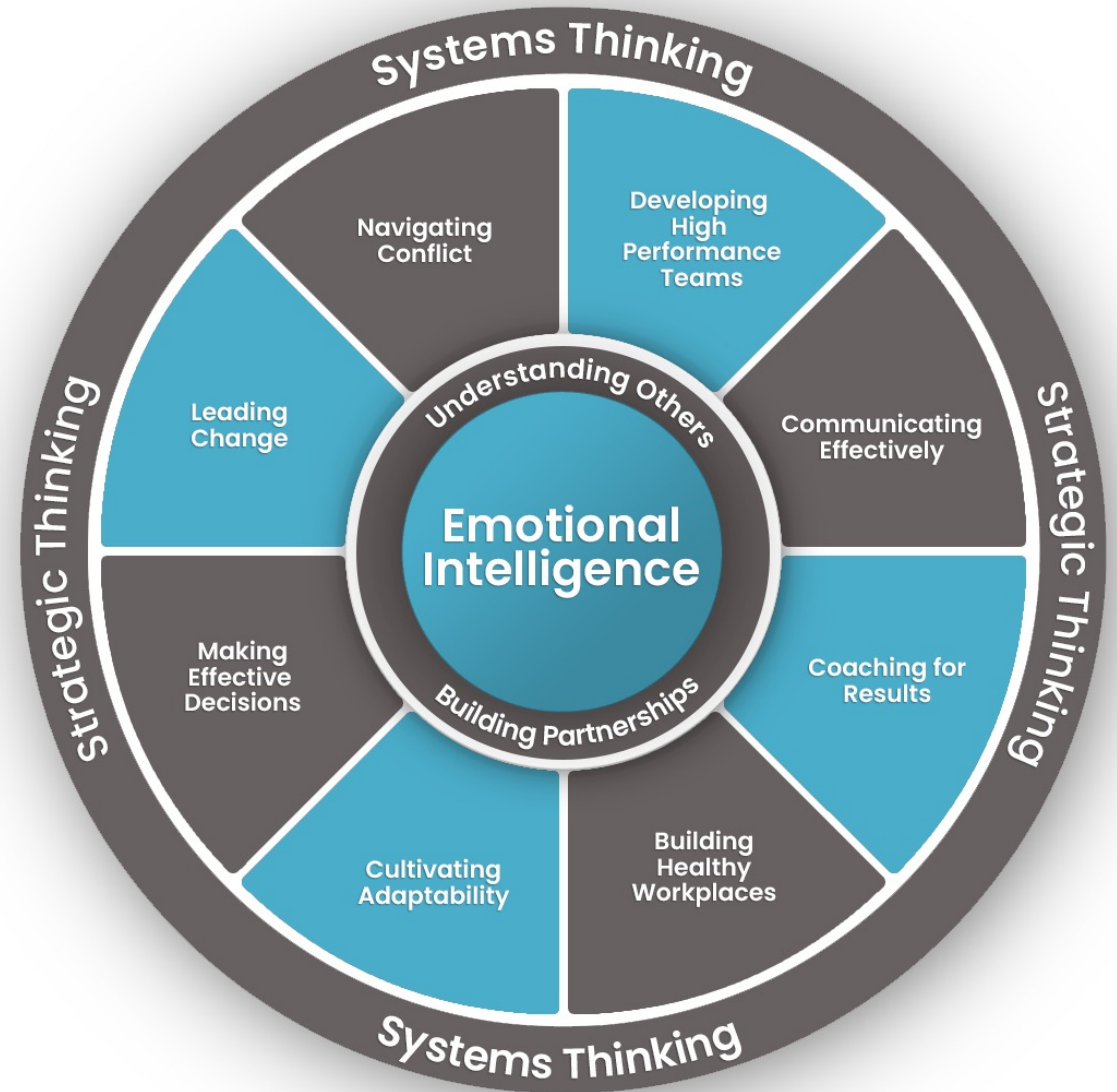




# Online Self-Paced Courses

Upon registration, program participants have access to all 12 online courses on **MyLeadershipHub**. Courses cover leadership topics based on the MyLeadershipHub competency model shown right and range from one to three hours, split into 5 to 10 minute video lessons.

Detailed course descriptions can be found in the curriculum guide. During the LEAD program one or two courses are assigned each month, followed by a learning review call discussing the teachings and answering questions.







## Learning Review Calls

**The Learning Review Calls** are monthly one-hour virtual group calls offering a valuable opportunity to engage with and reflect upon the knowledge gained from the course material.

During these calls, participants:

- Deepen their understanding of complex topics and methods
- Engage in interactive discussions and exercises for clearer comprehension
- Receive guidance from the instructor to ensure an accurate grasp of concepts
- Discuss practical 'lessons learned' and apply them where they fit best
- Outline learning assignments for the upcoming period.

A Kick-Off session introduces participants to the program timeline and the different components. At the Capstone session, participants will share their learnings and takeaways from the program with the larger group.

# Leadership Labs

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**Leadership Labs** are one-hour virtual group calls that tackle real-time leadership challenges and opportunities. These issues can be specific to a single business unit or span across the entire organization.

**Key activities include:**

- Applying skills learned from educational settings
- Receiving practical guidance and suggestions from the instructor
- Delivering a high return on investment from learning sessions
- Reinforcing concepts through practical application.



# Education Sessions

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**Education sessions are three-hour live virtual sessions that dive deeper into Emotional Intelligence and Adaptability – two critical characteristics of an effective leader.**



# Applying EQ in the Workplace

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Building on the knowledge gained from the **Emotional Intelligence (EQ) courses**, this session focuses on the advanced applications of EQ in the workplace, using the **EQ-I model** as a framework. Participants explore practical strategies for integrating emotional intelligence skills professionally.

We begin with a quick recap of the EQ-I model's core components, emphasizing how they relate to complex workplace scenarios.

Through case studies and role-playing, attendees will learn to apply EQ in leadership, conflict resolution, and team-building scenarios. The objective is to enhance empathy, self-awareness, and relationship management in real-time workplace challenges.

Concluding with a discussion on continuous EQ development and its long-term impact on professional growth, participants will be able to harness emotional intelligence effectively in their careers, armed with actionable insights and a deeper appreciation of the transformative power of emotional intelligence in the workplace.

# Supporting Adaptability in the Workplace

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The session is designed for leaders who understand their workplace dynamics and seek to strengthen the skills taught in the **Cultivating Adaptability** course. We study the **ACE model** to understand the personal traits, preferences, and organizational factors that shape adaptability in individuals and teams.

The session highlights the crucial role leaders play in cultivating a psychologically safe and supportive work environment, embracing the 'no-one left behind' ethos to ensure every team member can thrive amidst change.

Participants will confront current and pressing issues within their organizations, such as adapting to new technologies, navigating demographic shifts, responding to evolving economic conditions, and emphasizing diversity, equity, and inclusion.

Concluding with actionable personal development strategies, this session will equip leaders with the necessary tools to weave adaptability into the fabric of their leadership approach and company culture. By the end, participants will leave with a toolkit for adaptability and a clear plan to embed these adaptive practices to foster long-term success and resilience for their teams and organization.

# Meet The Instructors

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**Drew  
Bird**

Drew's lifelong passion for individual and organizational improvement has seen him move from the server room, to the boardroom and everywhere in between. After 15 years working in the IT field, Drew realized that his real passion was helping people to better understand both themselves, and others around them. Drew learned early on that awareness and competencies in areas such as emotional intelligence, adaptability, hardiness, resilience, and risk influence and guide a person's thought and action. By developing effective, empathetic and considerate learning and development opportunities, Drew helps people to find the very best versions of themselves and bring that to everything they do.

Drew holds an MSc in Organizational Psychology from the University of London, England, and an MA in Leadership from Royal Roads University in Victoria, Canada. He is a member of the Canadian Psychological Society (CPA) and the Society for Industrial and Organizational Psychology (SIOP).



# Meet The Instructors

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**Karen  
Bowen**

You are just as likely to find Karen at the front of a group of executives as you would leading a spin class. Her belief in the untapped potential of individuals, and by extension the organization they work in, drives Karen to create dynamic, interactive learning experiences that help unlock the mysteries of both individual and organizational life.

She believes we are accountable for our own experience and empowered in the choices we make. Drawing on her own life experience as a leader in large, complex environments, Karen's goal is to help people see the power that resides within in them, and give them the tools to manifest that power for maximum, positive impact.

Karen holds a BA in English, a Certificate in Adult and Continuing Education, and a Masters in Leadership through Royal Roads University.

## Meet The Instructors

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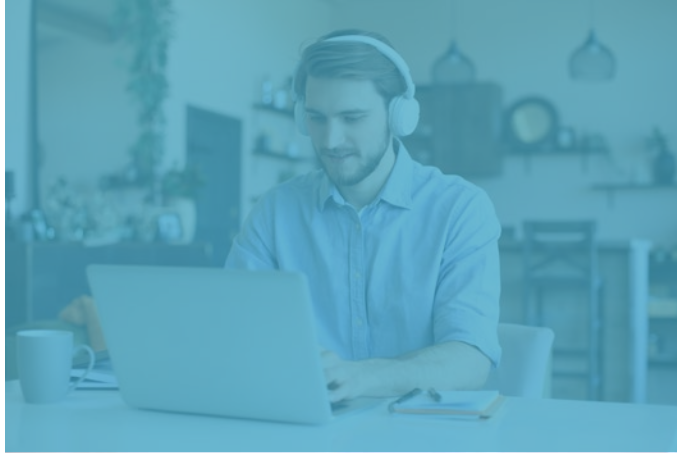


**Kristy  
Ware**

Kristy inspires individuals and organizations to take action toward creating equitable and inclusive workplaces for the LGBTQ2+ using their 6 obstacles to inclusion as the foundation.

Kristy weaves together powerful stories, current research, and effective strategies to uplift, inspire and educate. Expertly using their contagious energy and straightforward approach, Kristy sparks audiences to take conscious steps toward implementing change.

Kristy has a Police Foundations Diploma that included courses in ethics, diversity, psychology, and non-violent communication. They're currently completing an upgrading certificate program with the Canadian Center for Diversity and Inclusion (CCDI). Kristy's a member of the LGBTQ2+ community, helping create social justice in the workplace and being a voice for change.



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[myleadershiphub.com](http://myleadershiphub.com)

