

Seneca Leadership Institute program - Summer 2023

Published 9/29/2022 by [Shona Dias](#)

The Seneca Leadership Institute (SLI) program is a free leadership development program for students to develop and strengthen their leadership skills and knowledge with the Seneca College community.

Through this program, you will have the chance to explore, discover, and expand your leadership potential through various learning opportunities including in-person and online workshops, conferences, volunteer positions, and paid and non-paid work integrated learning.

By attending (SLI) program offerings, you can expect:

An introduction and application of leadership-related tools, strategies and theories

Fun, creative and engaging activities that facilitate personal and collective reflection, critical thinking, and peer connections with fellow Seneca College students

Support from current student leaders and professional staff with expertise in a wide range of leadership-related topics including equity, diversity, and inclusion, anti-racism and anti-oppression, health and wellness, and mentorship.

List of Workshops – Summer 2023

Summer Dates	Workshop Title	Delivery Mode	Location
Thursday May 18 @ 4-5:30pm (ET)	SMART Goal Setting: Starting Your Semester Off Strong	Online	Zoom
Saturday, June 3 @ 10-11:30am (ET)	SMART Goal Setting: Starting Your Semester Off Strong	Online	Zoom
Saturday, June 17 @ 12-1:30pm (ET)	Group Dynamics: Working as a Team	In-person	Newnham, K3265
Wednesday, June 21 @ 1:30-3pm (ET)	SMART Goal Setting for Emerging Leaders	Online	Zoom
Tuesday, July 11 @4-5:30pm (ET)	Emotional Intelligence & Conflict Resolution	Online	Zoom
Wednesday, July 26 @ 3-4:30pm	Leadership Foundations: Co-exploring Leadership	In-person	Newnham, K2100A
Tuesday, Aug 1 @1:30-3pm (ET)	SMART Goal Setting: Finishing Your Semester Strong	Online	Zoom
Thursday, August 3 @12-1:30pm (ET)	Group Dynamics: Working as a Team	In-person	Newnham, K2100A
Saturday, Aug 5 @ 3-4:30pm (ET)	SMART Goal Setting: Finishing Your Semester Strong	Online	Zoom

Wednesday, August 9 @3-4:30pm (ET)	Emotional Intelligence & Conflict Resolution	Online	Zoom
Friday, August 11 @1:30-3pm (ET)	Group Dynamics: Working as a Team	In-person	Newnham, K2100A

1) SMART Goal

Setting Workshop Series

Session Overview

Do you want to be "successful" this semester but are unsure about how and where to start? Do you have a difficult time defining your goals and the concrete actions needed to achieve them? Are you looking to connect with your peers to learn more about some of their own goals and strategies for success? If you answered "YES" to any of these questions, then this workshop is for you!

Many studies have shown that goal-setting can play a key role in your success. By establishing a clear goal and action plan, students are better equipped to manage their time, be accountable to their goals, and develop resilience to accomplish more and start/end their semester off right.

This session is designed to help students set themselves up for success for the Summer 2023 term, by sharing goal-setting tools and moving students through a series of activities, personal reflections, and group discussions.

In this workshop, you will:

- Formulate a clear personal, academic and/or leadership goal
- Understand Kolb's Learning Cycle model and where you are located it within it
- Identify resources to support you in achieving your Winter 2023 semester goals
- Create an actionable plan for working towards your goal using the SMART goal setting method

Summer 2023 SMART Workshop Dates:

- Thursday, May 18 @ 4:00-5:30 pm (ET)
- Saturday, June 3 @ 10:00-11:30am (ET)
- Wednesday, June 21 @ 1:30-3:00 pm (ET)
- Tuesday, Aug 1 @1:30-3:00pm (ET)

· Saturday, Aug 5 @ 3:00-4:30 pm (ET)

For more info and to reserve your spot, visit: <https://tinyurl.com/SMARTSummer2023>

To see our full Summer workshop series, visit: www.tinyurl.com/SenecaLeads2023

2) Group Dynamics: Working as a Team

Session Overview

As a student and/or leader, you may find yourself working or leading a diverse team of peers, colleagues, and professionals with different personalities, experiences, strengths, and weaknesses. This workshop is designed to help students and/or leaders deepen their understanding of their own workstyles and the workstyles of others, in order to work better inclusively, collaboratively, and to achieve team goals.

In this workshop, you will:

- Discover your behavior workstyle using the Social Style Model
- Reflect on and discuss the strengths, challenges, and implications of your workstyle, especially as part of a team
- Understand the workstyles of your peers to brainstorm best practices working with diverse individuals

Summer 2023 SMART Workshop Dates:

- Saturday, June 17 @ 12:00-1:30 pm (ET)
- Thursday, August 3 @12:00-1:30pm (ET)
- Friday, August 11 @1:30-3:00pm (ET)

For more info and to reserve your spot, visit: <https://tinyurl.com/WorkingAsATeam2023>

To see our full Summer workshop series, visit: www.tinyurl.com/SenecaLeads2023

3) Leadership Foundations: Co-exploring Leadership

Session Overview

What is leadership? and what exactly makes a leader "good"? This workshop is designed to help students co-explore and find the answers to these questions, which may be more

complex than many may think. Through fun icebreakers, creative activities, and group discussions, students will strengthen and build upon their leadership knowledge to understand the many different ways leadership can show up across people, and how culture, systems, and people shape one's conception of leadership and what it means to be a "good leader".

In this workshop, students will:

- Co-explore what leadership means to them
- Learn about different perspectives on leadership from their diverse peers
- Apply a critical lens to leadership and how we define "good" leadership
- Gain a deeper understanding of how culture, systems, and people shape one's conception of leadership

Summer 2023 SMART Workshop Date:

- Wednesday, July 26 @ 3:00-4:30pm

For more info and to reserve your spot, visit: <https://tinyurl.com/Co-exploring2023>

To see our full Summer workshop series, visit: www.tinyurl.com/SenecaLeads2023

4) Emotional Intelligence & Conflict Resolution

Session Overview

According to the Harvard Business Review (2004), the most gifted leaders use their Emotional Intelligence to successfully lead and manage their teams. This workshop is designed to help students explore and understand what Emotional Intelligence is and why it is important to develop as a person and leader, especially when navigating conflict. Through icebreakers, games, and group discussions, students will learn how we can develop our Emotional Intelligence to navigate internal and external conflicts that may emerge in our relationships and professional teams.

In this workshop, students will:

- Explore and discuss the relationship between Emotions, Emotional Intelligence, and Conflict
- Learn how we can develop our Emotional Intelligence for Conflict Resolution
- Acquire practical tools for navigating conflict in ourselves, our lives, and our relationships

with others through emotions and Emotional Intelligence

Summer 2023 SMART Workshop Dates:

- Tuesday, July 11 @4:00-5:30pm (ET)
- Wednesday, August 9 @3:00-4:30 pm (ET)

For more info and to reserve your spot, visit: <https://tinyurl.com/EISummer2023>

To see our full Summer workshop series, visit: www.tinyurl.com/SenecaLeads2023