

# The Seneca College Leadership Institute (SCLI) program - Winter 2023

Published 10/24/2022 by [Shona Dias](#)

The Seneca College Leadership Institute (SCLI) 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 (SCLI) 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.

## Scheduled IG Lives

Instagram lives will be hosted on [@SenecaStudentLife](#) and [@SenecaCollege](#)

1) Topic: What is the Seneca College Leadership Institute?

Date & Time: Monday, January 16 @ 3:00-3:15pm

2) Topic: What is the Seneca Student Leadership Conference?

Date & Time: Monday, February 6 @ 12:00-12:15pm

3) Topic: How can I develop my Leadership?

Date & Time: Tuesday, February 21 @ 12:00-12:15pm

4) Topic: What is Community of Care (Topic & LIVE is TENTATIVE)

Date & Time: Monday, March 6 @ 12:00-12:15pm

## List of Workshops – Winter 2023

### 1. SMART GOAL SETTING – Winter 2023 Series

#### Session Overview

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.

During the Winter 2023 term, three different SMART GOAL SETTING sessions will be tailored to help set you up for success:

SMART GOAL SETTING: Starting Your Semester Off Strong

SMART GOAL SETTING for emerging leaders

SMART GOAL SETTING: Finishing Your Semester Off Strong

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!

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

Registration Link: <https://www.eventbrite.com/e/487139115207>

## 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, and 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 behaviour 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

Registration Link: <https://www.eventbrite.com/e/487166627497>

## 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, you will:

Co-explore what leadership means to them

Learn about different perspectives about 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

Registration Link: <https://www.eventbrite.com/e/487177911247>

#### 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 conflict that may emerge in our relationships and professional teams.

In this workshop, you 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 our selves, our lives, and our relationships with others through emotions and Emotional Intelligence

Registration Link: <https://www.eventbrite.com/e/487189104727>

#### 5. LEADING WITH LOVE: Team Appreciation & Recognition

##### Session Overview

Students will explore the many ways to show and receive love through Gary Chapman's Five Love Languages model. Through self-assessments, fun activities and group discussions, students will learn how they can apply this model to their relationships keeping in mind the different preferences, personality types, and boundaries of diverse individuals.

In this workshop, you will:

Identify their top love languages using Gary Chapman's Five Love Languages Model

Discuss the difference between recognition and appreciation

Learn how to apply this Love Languages model to different individuals including introverts, extroverts etc.

Leave with concrete examples for showing love to our peers and teammates across all 5 Love Languages

\*Students must do the free love languages quiz, prior to attending the workshop:

<https://5lovelanguages.com/quizzes/love-language>

Registration Link: <https://www.eventbrite.com/e/487204480717>

## 6. ADVANCED LEADERSHIP: Barriers to Integral Leadership

### Session Overview

Students will be introduced to theories about integrity and the importance of integrity in leadership development. Students will discuss the various barriers to integral leadership, and how these differ across diverse identities and groups.

In this workshop, you will:

Learn about the concept of "integrity" and its relationship with Leadership

Discuss personal experiences in Leadership with your diverse peers

Engage in fun activities to explore phenomena that leaders commonly experience in their roles, and/or life more generally.

Please note: This workshop is considered an advanced workshop and is highly recommended for students who are familiar with/interested in the impacts of systems on Leadership and leaders from diverse groups

Registration Link: <https://www.eventbrite.com/e/487215864767>

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