



## STUDENT ACTIVITIES LEADERSHIP OFFICE

The Leadership Office is dedicated to offering high quality workshops and experiences that invite and challenge participants to explore and further develop their leadership potential as individuals and members of an organization. Below is a listing of the various leadership workshops, topics and experiences facilitated by staff in the Leadership Office and available to your organization. Additionally, staff is happy to consult with you and members of your organization to develop customized learning opportunities around these topics or others. Please don't hesitate to contact us to further discuss your organization's needs. We look forward to helping you realize your leadership potential.

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### Leadership Topics

*The following topics include interactive, facilitated discussion, engaging activities, debrief questions and handouts all designed to help participants understand the material. Ideal group size is between 10 and 30 students; however larger groups can be accommodated with advanced notice.*

- Introduction to Leadership (What is Leadership?)
  - Explore the commonalities and differences between individual definitions and characteristics of leadership and work to create a common definition of leadership. Discussions will include personal and group collaboration and a critical analysis of the perception of leadership in society.
  - Suggested Time: 45 minutes-1 hour
- Communication (Group Communication)
  - Through the use of experiential and facilitated activities, participants will explore the concept of communication - active listening and active speaking; non-verbal communication, and/or group communication.
  - Suggested Time: 1 hour
- Conflict Resolution
  - The concepts of conflict management and conflict resolution will be explored as well as participants' individual conflict style. This workshop can also be geared toward consensus building, mediation, or democratic deliberation.
  - Suggested Time: 1 hour
- Effective Facilitation
  - Participants will learn about the "3 S's" of facilitation: style, substance, and student. Opportunities will be given for students to learn about facilitating activities, reflections, and discussions as well as practice their knowledge.
  - Recommended for students that will be peer mentoring or leading group activities or discussions.
  - Suggested time: 1-1.5 hours

- *Ethical Decision Making*
  - Participants will explore the idea of ethical decision making through a series of facilitated discussions and scenarios that ask participants to challenge their ideas around values, ethics and decision-making. Emphasis will be placed on developing moral courage for future use.
  - Suggested time: 1 hour-1.5 hours
- *Emotional Intelligence (Emotionally Intelligent Leadership)*
  - The foundations of emotional intelligence (consciousness of context; self; others) will be discussed and framed within the context of leadership. Participants will begin to explore their own strengths and challenges with some of the 21 capacities (e.g. authenticity, emotional self-perception, citizenship, teamwork) .
  - Suggested time: 1 hour (or can be expanded to multiple sessions)
- *Get Involved (Involvement Opportunities on Campus)*
  - Introductions to the various involvement opportunities at UConn, including student organizations, university programs and resources for exploring additional opportunities for co-curricular participation.
  - Suggested Time 30 minutes-1 hour
- *Goal-Setting*
  - Participants will explore various goal-setting techniques (S.M.A.R.T. goals) as well as work through activities that encourage them to set personal, organization, or professional goals.
  - Suggested Time 30 minutes-1 hour
- *Group Dynamics*
  - Explore the stages of group development (Forming, Storming, Norming, Performing, and Adjourning) as well as effective ways of leading and managing groups. This workshop can also be geared toward consensus building or democratic deliberation.
  - Suggested Time: 1 hour (or can be expanded to multiple sessions)
- *Leadership Myths*
  - Using an interactive activity, explore the common “myths” of leadership (e.g. “Are Leaders born or made? Do you need charisma to be a leader?”) and be led through a facilitated discussion on the definition of leadership and characteristics of successful leaders.
  - Suggested Time 45 minutes-1 hour
- *Leaving a Legacy*
  - Through facilitated discussion and activity, participants will be challenged to consider the idea of ‘Legacy. They will also be asked to consider who they have watched that has left a legacy for them in their lives and conversely consider the idea that there are individuals watching them, and reflecting on the type of legacy they are leaving on campus or in their communities.
  - Suggested time: 1 hour

- Motivation
  - The workshop will introduce students to concepts of organizational management and motivation, as well as ways to motivate others. Participants will explore what motivation means to them and how they are motivated in the context of academics, organizations, and future goals.
  - Suggested time: 45 minutes- 1 hour
- Negotiation Tactics
  - Learn negotiation theory and how to apply the art of negotiation to everyday life through this interactive workshop. Utilizing game theory, contention tactics, and propaganda, participants will explore techniques to prevail in conflict and relationships.
  - Suggested time: 45 min.-1 hour
- Personal Leadership Plan
  - Through a series of introspective activities aimed at helping participants to determine a short and long-term personal leadership development plan, they will explore their own values, role models, future academic and career goals, and develop a personal mission statement.
  - Suggested Time: 45 minutes-1.5 hours
- Personal Values
  - Participants will explore their personal values, and identify what is important to them (e.g. honesty, integrity; family ; success). They will begin to understand how their core values may affect their decisions and future leadership plans.
  - Suggested time: 1 hour-1.5 hours
- Servant Leadership
  - Throughout this facilitated dialogue, participants will learn about the theory of servant leadership, the 10 characteristics of servant leadership, the presence of servant leadership in their academic or career field, and what they can do to become servant leaders.
  - Suggested time: 45 minutes-1 hour
- Situational Leadership
  - Through interactive role playing and connections to real-life scenarios, participants will learn about the theory of Situational Leadership and explore what types of leadership are most effective with different types of groups and followers.
  - Suggested time: 1 hour
- Social Change Model of Leadership
  - Learn about the Social Change Model of Leadership, explore various (current and past) social change movements, and learn about how to become a change agent in communities or organizations.
  - Suggested time 1-1.5 hours (or can be expanded to multiple sessions).

- *The Five Practices of Exemplary Leadership*
  - Designed intentionally for college students, this workshop covers each one of the Five Practices of Exemplary Leadership (Model the Way, Inspire a Shared Vision, Challenge the Process, Enable Others to Act, Encourage the Heart). The workshop can also be broken out and facilitated as individual workshops focusing on only one or two of the practices.
  - Suggested time 1.5-2 hours (or can be expanded to multiple sessions).

## **Self-Awareness, Personality and Leadership Inventories**

*The following topics include interactive, facilitated discussions, engaging activities, debrief questions and handouts all designed to help participants understand the material. Facilitators will work closely with the person organizing the workshop in order to provide the inventory best suited to the developmental needs of the participants, as well as potentially design extended opportunities for use of the content (additional workshops, programs, experiences). \*Costs may Apply*

- *True Colors*
  - Through the use of experiential activities, the workshop will explore the effects of personality differences in group dynamics, communication, and conflict. Participants will complete the True Colors personality assessment that will provide insight about their personal style of leadership (Blue, Gold, Green, or Orange) and how that style affects their interaction with others.
  - Suggested time: 1 hour
  - Ideal Group Size: 15-30 participants (larger groups can be accommodated)
- *MBTI\**
  - Participants will complete the Myers Briggs Typology Indicator which is based upon Jungian psychological personality types. The MBTI sorts some of these psychological differences into four opposite pairs with a resulting 16 possible psychological types. The workshop includes discussion of these personality differences and meanings of typologies (Introvert vs. Extrovert; Sensing vs. Intuitive; Thinking vs. Feeling; Judging vs. Perceiving) as well as interactive activities designed to showcase the unique perspectives of each pair.
  - Suggested time: 1 hour-1.5 hours (can be expanded to multiple sessions)
  - Ideal Group Size: 15-25 participants
- *DiSC\**
  - The DiSC Inventory is a quadrant behavioral model that examines the behavior of individuals in their environment (Dominance, Influencing, Steadiness, and Conscientious). Participants will complete the DiSC Inventory that will provide insight about their personality and how that style affects their interaction with others, and explore their leadership and managerial style.
  - Suggested time: 1-1.5 hours
  - Ideal Group Size: 10-30 participants

- Leadership Practices Inventory\*
  - Participants will complete the Leadership Practices Inventory, part of the Student Leadership Challenge and Five Practices of Exemplary Leadership Program (Model the Way, Inspire a Shared Vision, Challenge the Process, Enable Others to Act, Encourage the Heart). The Student LPI was created specifically to help college students measure their leadership behaviors and take action to improve their effectiveness as a student leader.
  - Suggested Time 1-1.5 hours (or can be expanded to multiple sessions)
  - Ideal Group Size: 10-30 Participants
- StrengthsQuest\*
  - Participants will complete the Gallup StrengthsFinder Instrument that will provide insight into their top 5 strengths, explore their personal talents, and how investments of time and knowledge into talents can create strengths. They will begin to understand the philosophy of StrengthsQuest and the power of StrengthsBased Leadership.
  - Suggested Time 1-1.5 hours (or can be expanded to multiple sessions)
  - Workshop can be designed for individual needs OR established groups (organizations, staff, and/or teams).
  - Ideal Group Size: around 25 participants, or established groups (of 5-30)

## Experiential Activities

- Team-Building Activities
  - Through a series of teambuilding initiatives and elements, participants will foster collaboration, communication, goal-setting, and community building. Facilitators can focus on particular challenges in the group or can create experiences designed based on the level of comfort and relationships within the group.
  - Suggested Time: 1-2 hours
  - Ideal Group Size: 15-60 participants
- Four Arrows Challenge Course
  - The outdoor Four Arrows Challenge Course is a low-ropes course located on the Depot Campus. The course is for intact groups that want to build strong teams and improve group communications. For more information, please see: <https://uconncontact.uconn.edu/organization/fourarrowschallengecourse>
  - Required time: 4 hours
  - Ideal Group Size: Minimum of 15 participants
- Land Navigation
  - The outdoor Land Navigation Course splits participants into teams and asks them to navigate to various points using only a compass and each other. The courses are designed to foster teamwork, collaboration, effective communication and goal-setting. Three courses are available: On the Storrs Campus (designed to introduce students to various University Resources and UConn history; easiest in difficulty); and a course in the Mansfield woods (designed to challenge students and intended for experienced student leaders or established groups; hardest in difficulty).
  - Required time: 5 hours
  - Ideal Group Size: Minimum of 15 participants (no more than 60)