



Trainee Professional Development Retreat: Leadership Purpose

Retreat

The Trainee Professional Development Retreat: Leadership Purpose retreat took place January 20 - 21, 2018 at the Banff Centre for Arts and Creativity.

Session Highlights – Leadership Purpose

Leadership isn't just about the one who is in charge, it's about how you work with others, communicate, and act confidently. This retreat provides trainees the opportunity to step back and reflect beyond "what they do" and examine "who they are" through multiple perspectives, including their career, personal history, and significant life experiences. Trainees will also engage in experiential learning to practice how they communicate ideas more powerfully, including the importance of physicality and tone.

Trainees will clarify and communicate their strengths, increase their resiliency skills and communicate their leadership purpose with confidence. The ability to communicate your message is relevant in a number of career paths, whether remaining in academia or moving into government or corporate positions. This knowledge is also applicable when applying for certain scholarships or funding where they request a leadership statement, to communicate your qualifications.

Activities at the Retreat will help trainees to:

- Reflect upon their life experiences and craft their leadership statement
- Increase their understanding of their strengths and how to apply them
- Examine their own personal resiliency and increase their tools for managing stress
- Practice communicating their purpose through tone and confident body language

Facilitators

Elaine Broe and Kelly Wood, Banff Centre for Arts and Creativity

Agenda

Saturday	Sunday
	Breakfast 7:00 - 9:00 A.m.
	9:00 A.M. – Noon Personal Story: Future Vision Getting Unstuck: Your Training Mission & The Impostor Practicing My Story: Expression
Arrive at Banff Centre in the morning	
Lunch 11:30 A.M. – 12:10 P.M.	Lunch 12:30 - 1:15 P.M.
Welcome Introductions Agenda & Objectives 1:15 – 4:30 P.M. Personal Values What is our “Why”? History: Mapping Life Story	1:30 – 3:00 P.M. Sharing My Story: Feedback & Listening Learning Takeaways & Practical Application Formal Program Close Bus to depart Banff Centre at 3:30 P.M.
Dinner 5:30 – 6:30 P.M..	
6:45 – 7:45 P.M. Resiliency & Managing Stress 8:00 P.M. Reception	Please note: Agenda is subject to change.