

Application Information

- Application available online at www.odu.edu/womenscenter
- An interview is required prior to acceptance into the program.
- This is an 8 week training program. Participants must attend all sessions.
- Limited to 30 participants
- Applicants accepted into the Leadership Institute will be notified by September 18
- Information tables will be held on September 2, 4, 9, & 11 from 12:30 to 1:30 in the Front Lobby of Webb Center.
- Applications due by
September 12 at 5pm

Women's Institute for Leadership Development

Advisory Committee

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Women's Center Presents

WILD

Women's Institute for Leadership Development

Fall 2014

WOMEN'S CENTER
1000 Webb Center
757-683-4109
womenctr@odu.edu
www.odu.edu/womenscenter



For more information
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**OLD DOMINION
UNIVERSITY**

IDEA FUSION

Women's Institute for Leadership Development

Since 1996, the Women's Institute for Leadership Development at Old Dominion University has focused on developing the leadership skills of women students. The institute incorporates theory and practice and is divided into eight modules.

Dedicated to building community among members and refining essential leadership skills, the program provides students with the opportunity to network with other student leaders and professional women.

Mission

- To explore women's styles of leadership and to support and empower women students as they develop their leadership skills.
- To enhance leadership skills and intellectual development and to create an environment which values and nurtures women leaders.
- To create a network and a community among women leaders during and after the college experience.
- To become an integral part of leadership development for women students at Old Dominion University.

Objectives

- Define personal leadership styles
- Learn effective team-building techniques
- Discover new ways to motivate group members
- Learn conflict management strategies
- Polish communication skills
- Learn how to develop contacts and create a network
- Explore career development strategies

Fall 2014

All sessions held on Mondays 2pm-4pm

1. Welcome/Orientation: The Call to Leadership

September 22 - La Wanza Lett-Brewington

Participants learn about the "call" to leadership, meet their cohort, and will explore their values and what inspires them to be a leader.

2. The Art of Team Building

September 29 - La Wanza Lett-Brewington

At the heart of most high performing organizations is a sense of commitment to the team. This experiential session will give participants the opportunity to demonstrate leadership and learn how these activities can positively impact individuals and groups.

3. Women's Leadership Styles

October 6 - La Wanza Lett-Brewington

Women often bring special strengths, characteristics, and values to leadership. Using guided discussion and structured activities, students will explore these leadership styles and principles for leading authentically.

4. The Journey

October 20 - Lesa Clark

Effective leadership requires skills in managing diversity of all types. This interactive dialog will challenge students to move beyond their leadership "comfort zone" through activities and reflection.

Modules

James River Room - Webb Center

5. Strategies for Effective Communication

October 27 - Carla Harrell

Effective communication skills are important for any leader. This experiential workshop will focus on gender communication, communication styles, and the skills needed to be an effective communicator.

6. Leaning In & Back:

Understanding How Leaders Succeed & Fail

November 3 - La Wanza Lett-Brewington

In Sheryl Sandberg's book, "Lean In", she says that as well as institutional barriers to success, women face a lot of inner barriers—voices that, as she puts it, urge you to "leave before you leave." The purpose of this workshop is explore institutional and inner barriers to success. Through discussion and self-reflective activities participants will determine what some of their internal barriers might be and make action steps for how to address them.

7. Build Your Stairway to Success: Women's Career Development

November 10 - Alice Jones

Today it takes a lot of planning and negotiating to enhance your career development and opportunities. Students will exit this experiential workshop with a variety of strategies including goal setting and career decision making skills, best practices for getting a promotion, and how to establish and start an action plan.

8. Bringing it All Together: Sustaining Leadership & Engagement

November 17 - La Wanza Lett-Brewington

With the focus on what students learned about themselves during the Institute, students will present their leadership vision and action plan for engagement on campus and in the community.

Participants must attend all modules