Leadership is not a position or rank, but rather a *behaviour* and an *attitude*. When it is modelled well by Faculty it can have a hugely positive impact on those around you, inspiring them to adopt creative problem-solving skills, resilience, and optimism in the face of challenges and setbacks. This workshop explores a variety of leadership topics, including the impact of personal values on leadership style, eliciting engagement, and ways to empower those around you as well as consideration of how teams develop and can be led most effectively with kindness and compassion.

**Monday, November 20th, 2017**

**Dinner:** 5:30 – 6:00 pm  
**Workshop:** 6:00 pm – 8:00 pm  
**Medical Sciences Building (MSB), Room 150**

**Register Now!**

Following the workshop, participants will be able to:

- Identify the different styles of leadership and how these can complement each other within a team.
- Describe strategies used to cultivate greater resilience in the face of challenges and setbacks.
- Identify how you can leverage the unique abilities of each individual to contribute to positive outcomes, especially with individuals initially seen as ‘challenging’ or ‘difficult’.
- Recognize the complex relationship between attitudes and behaviour, and how a leadership-minded individual can draw upon different strategies to refine and improve their performance across a variety of tasks.

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Jason Cressey earned his PhD in Social Psychology from Oxford University, UK, specialising in the fields of non-verbal communication and emotional intelligence. He instructs a variety of Leadership and Communication Courses for the Justice Institute of BC, as well as UVic’s Department of Educational Psychology and Leadership Studies and their Continuing Studies branch. He also operates his own consultancy - *Motivation in Mind* - offering corporate seminars and training, and coaching clients around the world. He has appeared on both CTV and BBC television, as well as CBC TV and Radio, discussing his work in the field of psychology, and has also published a book on the role of mythology in the psychology of modern-day life.

*Workshop coordinated by Dr. Sarah Buydens, Regional Faculty Development Director, Vancouver Island*