



Dalhousie Student Leadership Academy: High-Performance Leadership

The High-Performance Leadership program within the Student Leadership Academy is designed for students currently in leadership roles, who show high-potential and commitment to making our community and world a better place. The program will include 1-1 mentorship with a senior leader, opportunity to participate in the leadership practices inventory leadership assessment, and engaging workshops with skilled leaders from across Dalhousie. The program is grounded in the [Exemplary Leadership Practices framework](#),

and [Inner Development Goals framework](#) to further the UN Sustainable Development Goals within our communities.

Ideal candidates for the program include students who are actively involved in campus life, are demonstrated leaders to their peers, and have a formal leadership role that can be leveraged for skill development and a capstone project. Examples of leadership roles include society executives, student union members, team captains, and faculty or community leaders.

As a result of participating in the High-Performance Leadership program, students will:

- Explore and articulate their identities, strengths, values and interests;
- Build leadership skills and competencies to impact team and community change; and,
- Apply their skills and knowledge to create change for themselves and their communities

Program Components

Mentorship with Senior Leaders	Experienced and accomplished senior leaders from Dalhousie University will work closely with student participants through 1-1 meetings.
Workshops Series	Workshop 1: Being - Relationship to Self Explore evidence-based leadership frameworks, and your strengths and goals as a leader.
	Workshop 2: Thinking - Cognitive Skills Ecological systems analysis, design thinking, and logic models to progress leadership with purpose.
	Workshop 3: Relating - Caring for Others and the World Building a restorative mindset and engaging community through appreciative approaches.
	Workshop 4: Collaborating - Social Skills Anti-oppression and decolonization in leadership practice & building psychologically safe and inclusive teams.
	Capstone Workshop: Acting - Enabling Change Reflection on capstone project, your leadership growth in the program, and next steps in your leadership journey.
Keynote Speaker	Students will have the opportunity to hear from a distinguished keynote speaker who is a high-profile leader in their field.
Capstone Project	Aligned with their existing leadership roles, participants engage in practical, real-world applications of the Five Practices of Exemplary Leadership and the Inner Development Goals.