

Youth Program - Monday, August 19th Leadership for Promoting Mental Health



- Exploring Leadership
- My Leadership Path
- Exploring Networks & Identifying Goals

Getting to know one another

Share your name, where you traveled from and if you attended ASI before.



What do you want to 'get out'/learn from this workshop on leadership and networks?

Activity 1. Agreements for talking, listening, confidentiality and working together

Activity 2. Introductions

Preparation: Use index cards for personal notes:

- **1. What do I need from others to have a positive experience, speak up, listen well, and share space.**
- **2. One thing you want to offer – your gift to this workshop**
- **3. One thing you want to get – your takeaway from this workshop**

Flipchart

LEADERSHIP IS PLURAL

While the term “leader” is often used in the singular, healthy leadership really should be seen as “plural”. It means different things to different people in different places and at different times. It also cannot be done alone – it requires collective sharing and learning as well as mutual mentoring and support to get where we want to go.



Together, we will gain a better understanding of:

What is leadership means and our own pathways to leadership

How we can build networks and gain supporters

How we can lead or get involved in projects in the Atlantic region



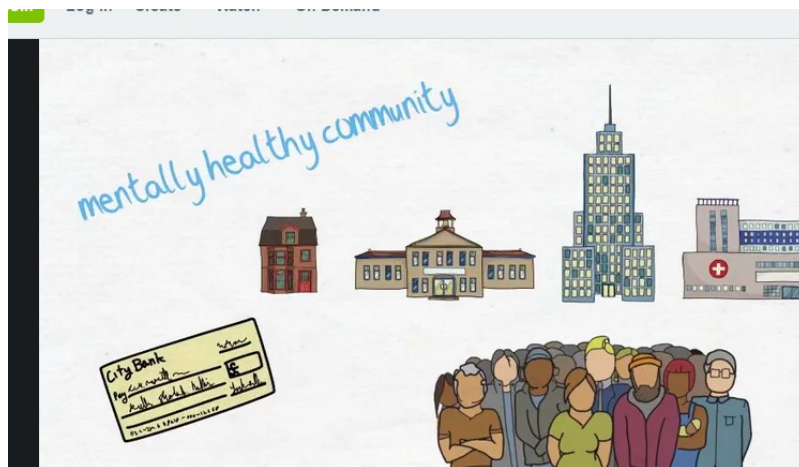
Unpacking the meaning of leadership for mental health

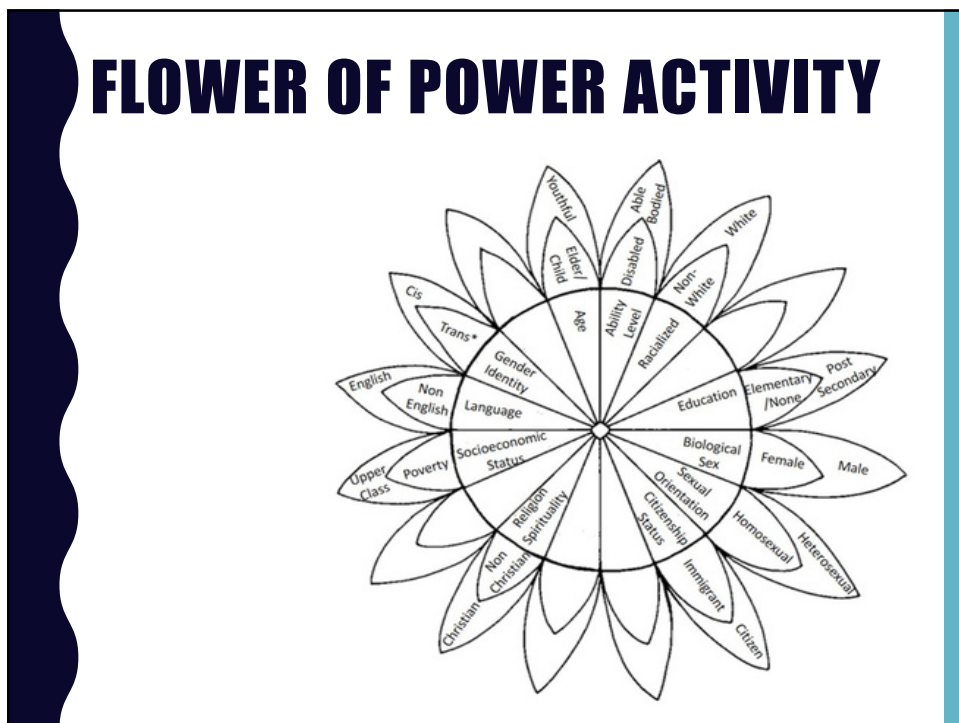
- What is leadership?
- What is health?
- What is mental health?



WHAT IS MENTAL HEALTH: FINDING A SHARED LANGUAGE

mentally healthy community





INTERSECTIONALITY
a fun guide

this is Bob. Bob is a stripey blue triangle. AND SHOULD BE PROUD.

SADLY SOME PEOPLE DO NOT LIKE BOB. BOB FACES OPPRESSION FOR BEING A TRIANGLE, & FOR HAVING STRIPES.

LUCKILY, THERE ARE LIBERATION GROUPS! BUT THEY AREN'T INTERSECTIONAL. SO THEY LOOK LIKE THIS

BOB CAN'T WORK OUT WHERE TO GO

BOB WISHES THAT THE TRIANGLES AND STRIPES COULD WORK TOGETHER

INTERSECTIONALITY IS THE BELIEF THAT OPPRESSIONS ARE INTERLINKED AND CANNOT BE SOLVED ALONE.

OPPRESSIONS ARE NOT ISOLATED.
INTERSECTIONALITY NOW!

INTERSECTIONALITY

Intersectionality (our identities) race/ethnicity, gender, religion, nationality, sexual orientation, language, class, or disability-based oppressions do not act independently of one another. These forms of oppression interrelate, creating a system of oppression that reflects the “intersection” of multiple forms of discrimination.

YOUR PASSION ASSESSMENT: WHAT ARE YOU HERE FOR (BIG PICTURE)?

- If you could snap your fingers and know that you wouldn't fail, what would you do in your work or life?
- In your community, work or professional area of interest, what do you repeatedly see that annoys, frustrates or angers you - which if changed would be a positive outcome?
- “I care about many things, but some things more than others. I care most about...”
- At the end of my life I'd love to be able to look back and know I'd done something about...
- Based on your responses to this assessment, what seems to be emerging as your leadership passion?

YOUR LEADERSHIP PATHWAY



YOUR LEADERSHIP STYLE ASSESSMENT

- Identify the significant milestones / experiences / people during your life which you feel have shaped your leadership
- Mark them on the lifeline with their approximate date. You may draw pictures, write words or both - whichever you prefer. Do it in your own way. (5 minutes). Think about how these experiences have affected you and in what way.
-

NETWORKING IS NOT SCHMOOZING

- A Schmooszer is a person who can talk with anyone. People are comfortable in her presence and feel like they can open up. The schmoozer never feels out of place in a roomful of people because she can chat with anyone, but she also doesn't necessarily 'know' people.
- A Networker is a person who follows up after an event, someone who connects. Networking is "the process of developing long-term mutually beneficial relationships". 'Everyone knows the networker as someone who 'knows' everyone.



DIFFERENT NETWORKS SERVE DIFFERENT PURPOSES

Constructed Networks:
Allies, Mentors, Partners

Innate Networks: Family,
Friends

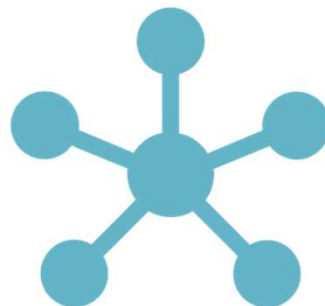
DIFFERENT RULES APPLY

Constructed networks: knowledge, Innovation, community of practice, Organizational, business opportunity, social change networks.

Innate networks: family, affiliated, friendship, faith, hobby networks.

MAPPING YOUR NETWORKS

- Who are your supporters? Who is missing? What types of connections do you want to make? How can the conference support that?



ASSESS YOUR NETWORK

Steps

- List the names of people to whom you turn for information or advice to help you do your work/grow your leadership
- List the types of knowledge and skills that you need to do your work/grow your leadership?
- How do people in your network support your development
- How can you expand your network to develop your knowledge and skills?
- How will you connect with people at the ASI to mentor your leadership?

WHY LEADERS NEED NETWORKS

Leaders need to find people who can:

- support their strengths, and
- balance their weaknesses, so they can make sense:
 - have influence
 - see a clear future
 - innovate



CREATING INDIVIDUAL CONNECTIONS – MENTORS AND MENTEES

What Mentors Do:

- Listen
- Coach
- Counsel

What Mentorship is:

- Two-way
- Mutually beneficial
- Intergenerational



EVALUATION

Be specific and concrete by naming activity, behaviour etc.

Index cards

- One thing I really liked
- One thing that didn't quite work for me, and a suggestion on how to improve

YOUTH LEADERSHIP PROGRAM

AUGUST 2019

