Application Information

- Application available online at www.odu.edu/womenscenter
- An interview is required prior to acceptance into the program.
- This is an 9 week training program. Participants must attend all sessions.
- Limited to 30 participants
- Applicants accepted into the Leadership Institute will be notified by January 29
- Applications due by January 22 at 5pm

Advisory Committee

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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 2015 Modules
All sessions held on Mondays 2pm-4pm, Chesapeake/Portsmouth Rooms, Webb Center

1. Welcome/Orientation: The Call to Leadership
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
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
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
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.

5. Strategies for Effective Communication
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.

Fall 2015 Modules Continued
All sessions held on Mondays 2pm-4pm, Chesapeake/Portsmouth Rooms, Webb Center

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
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
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.