Today’s Presenters:

**Graduate students**
- Zarina Giannone (PhD Student, U of British Columbia)
- Michelle Guzman-Ratko (M.Sc Student, U of Liverpool)
- Amanda O’Brien (PhD Candidate, U of Windsor)

**Clinical Psychologist/Assistant Professor**
- Dr. Andrea Piotrowski (Clinical Health Psychology, U of Manitoba)
Workshop Outline

1. Leadership Skills and Competencies
2. Building Leadership Experiences
3. Leadership Roles for Graduate Students and Psychologists
4. Q&A/Panel Discussion
Leadership Skills and Competencies

• Scientist and practitioner models of training in psychology inherently prepare students to be leaders
  • E.g., Research Laboratories
  • E.g., Group Facilitation

• Bringing attention to skills already acquired and refining them
Leadership Skills and Competencies

Skill #1 – Communication
• Written Communication
• Verbal Communication
• Non-verbal Communication
• Conveying/Receiving Feedback
Leadership Skills and Competencies

Skill #2 – Supervision

- Empathy
- Responsibility
- Flexibility
- Approachability
- Task/Time Management
Leadership Skills and Competencies

Skill #3 – Adaptability

- Openness
- Situational adaptation
- Handling unexpected demands
- Resilience
Leadership Skills and Competencies

Skill #4 – Mindfulness

- Self-perception
- Awareness of others
- Emotional intelligence
Leadership Roles for Graduate Students and Psychologists

- Participant on a task force, steering committee or working group
- Supervisor or consultant
- Psychologists in primary management positions
- Public policy, program development, and evaluation
- Other areas