

STUDENTS IN PSYCHOLOGY

SECTION OF THE CPA

CANADIAN
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SOCIÉTÉ
CANADIENNE
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ÉTUDIANTS EN PSYCHOLOGIE

SECTION DE LA SCP

Leadership in Psychology:

Harnessing transferable skills to transform your career



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Offered by the CPA Section for Students in Psychology, 2016



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

