



## **SAVE THE DATE**

***WLT 1: Skills for Emerging Leaders***

***WLT 2: Toolbox for Leaders***

***WLT 3: Taking Your Leadership Skills to the Next Level***

***Note: Members with little or no leadership experience should begin this program with WLT 1: Skills for Emerging Leaders.***

**Wyndham Grand  
Pittsburgh, Pennsylvania**

**March 17-18, 2023**

***Watch for registration information in the January 2023  
PSEA Spring Leadership Conference e-mail.***

## Women's Leadership Training (WLT) Overview

WLT 1 and WLT 2 participants will benefit both personally and professionally as these tracks will equip them with knowledge and skills to emerge as confident and capable leaders. Participants will commit to 9.50 hours of training during the weekend with the first session beginning at 6:30 pm Friday evening. The following course modules will be offered:

### WLT 1: Skills for Emerging Leaders

**Understanding Your Association** – This session will help participants recognize the various levels of the Association and how they can become more involved at any level – local, county, state, and national.

**Building Self-Esteem** – Participants will examine barriers that hinder building self-esteem and examine how self-esteem impacts participation in the Association. They will also identify personal strengths so that they will be able to determine how self-esteem impacts views of themselves and others, and how others view them.

**Assertive Behavior** – The participants will develop a better understanding of assertive behavior so that they will become more effective leaders by taking charge of their own actions.

**Support Systems** – Participants will define and identify their own personal and professional support systems that could be used to support their increased participation in all levels of their Association.

### WLT 2: Toolbox for Leaders

**Stress Awareness** – This session will help the participants identify their individual stressors, the effect these stressors have on their lives, and gain the tools necessary to help manage their stress.

**Assertive Communication** – This session builds on the skills learned from the WLT 1: Assertive Behavior workshop and will give the participants communication tools to effectively handle criticism, and to improve their verbal and non-verbal communication skills.

**Group Decision Making** – The participants will become familiar with various types of decision-making models and the criteria used to determine when and how to effectively use the group decision-making model.

**Time Management** – Participants will assess how effectively they use their time, how organized they are, and then learn time-management techniques so that they become better managers of their own time.

### WLT 3: Taking Your Leadership Skills to the Next Level

**Gender Gap** – What are the characteristics of an effective leader? Do men and women differ in their leadership styles? Do males or females make the best leaders or managers? This session will help to answer these thought-provoking questions, and also address the notion of the "Gender Gap" when it comes to leadership in the Association and in the workplace.

**Professional Dress** – Whether we want to admit it or not, we are judged by others. One of the first things people notice about you is your dress. We get one chance to make a good first impression. If we want to be treated like professionals, then we must act and look like professionals. This session will take a look at judgments that people make and give tips on ways to ensure that our appearance makes the statement we intend to make.

**The Message We Send** – When we open our mouth a message comes out. This session will offer the participants skills in presenting clear and concise messages to the public. We will look at how to build our message, make our message personal to the members of the public, and identify and deflect the techniques used by reporters.

**Personality Types** – Identifying your personality type can help you understand your leadership style. This information will enhance your knowledge of yourself, your motivations, your strengths, and your areas of growth. It will also give insight into understanding others whose style is different from your own. By gaining insight into ourselves we can enhance our own leadership skills and improve communications with our members.

**Engaging Different Personalities** – Learn how to quickly assess others' personality types in order to foster productive communication and resolve conflict successfully.

**Assessing Readiness to Take the Next Step** – This module will be the culminating activity for WLT 3. In this session, members will learn strategies to use and to help others in seeking Association or public office.