



Mindtrust Leadership

Learn | Experience | Connect

DEVELOPING THE LEADERS OF TOMORROW

For the past 20 years, Mindtrust Leadership has been providing youth with an opportunity to learn from leadership experts, and connect with leaders from within their own communities.

Our mentors are community leaders that come from all walks of life, including community organizations, as well as the public and private sectors. Our participants are primarily youth from our local communities – with diverse backgrounds, and equally diverse aspirations for their futures.

MINDTRUST LEADERSHIP DEVELOPMENT PROGRAM (MLDP)

Delivered since 2005, in partnership with post-secondary institutions in the National Capital Region, MLDP is responding to the need to develop next generation leaders. MLDP is intended for mature, impact-driven students with an interest in the future of leadership, and features seven interactive sessions facilitated by leadership development experts. Leadership theory and content is complemented by the inclusion of community leaders, who share their practical leadership experiences and wisdom.

MLDP-2025 will use a combination of in-person and online delivery, with 3 in-person sessions and 4 online sessions.

THE IMPORTANCE OF LEADERSHIP

Often confused with *management*, leadership is about supporting a team to achieve a common objective... Leadership is a skill – and like any skill, it needs a foundation based on experience, practice, and mentorship. Our leadership experts have many years of experience working with youth, specializing in leadership communication skills, conflict management, and balancing different leadership styles.

WHY MINDTRUST?

Mindtrust Leadership partners with other leadership- and community-oriented organizations, drawing on their expertise and sharing resources. Mindtrust program participants get opportunities to meet and network with these organizations, giving them even more support for their lifelong leadership journey.

Mindtrust has developed its own community of graduates, mentors, and volunteers. Many of our alumni return to the program as mentors, giving their insights to the next generation of participants, and in many cases, directly relating to participants as members of their own neighbourhoods, backgrounds, and communities.



ALUMNI TESTIMONIALS

“The Mindtrust program is truly an eye-opening experience that has allowed me to discover the true essence of leadership. It has equipped me with a diversity of life skills and problem-solving skills; and has helped me gain more confidence. Through this program, I have met and engaged with distinctive individuals in a very friendly environment. The program is a valuable opportunity for personal development and networking for aspiring future leaders.”

“The unique part, I'd say, is the focus on your own skills and your own introspection – which is very important, but often overlooked.”

“Participating in the program has changed my perspective and approach to working with people in teams.”

MINDTRUST LEADERSHIP DEVELOPMENT PROGRAM (MLDP)

PROGRAM OVERVIEW:

The program consists of seven modules, which cover key concepts related to leadership in today's innovative world, as follows:

Launch Session

- Overview of Program & Introductions
- Leadership Dimensions
- Are Leaders Born or Made?

Leadership from Within

- What Makes a Great Leader?
- Leadership vs. Management
- INSIGHT Assessment

Communications & Influence

- Leadership Qualities That Increase Influence
- Influence as an Outcome

Team Collaboration & Inclusive Leadership

- Facilitation & Team Development
- Fundamentals of Diversity & Inclusivity in Leadership

Balanced Leadership

- Work/Life Balance
- Being Resilient & Dealing with Stress

Leadership & Conflict

- Sources of Conflict
- Effective Conflict Resolution

Leadership in Action

- Presentation of Personal Leadership Statements
- Panel & Individual Discussions with Community Leaders



FREQUENTLY ASKED QUESTIONS (FAQ):

1. When will the Mindtrust Leadership Development Program be held?

MLDP-2025 will take place weekly on Friday afternoons from January 24 – March 14, 2025, with the exception of February 21st.

2. Where will MLDP-2025 be held?

The program will be held in a hybrid format, with three (3) in-person sessions and four (4) online sessions (Zoom webinars). The Launch Session will be held at the University of Ottawa, the Leadership & Conflict Session will be held at Carleton University, and the Leadership in Action Session will be held at Bayview Yards. Please note that the in-person sessions will not be recorded, nor will these in-person sessions be available for online participation.

3. How much does it cost to participate in MLDP-2025?

The normal fee per participant is set at \$399; however, this fee will be reduced to \$125 for Carleton and uOttawa students, due to the generous support of the institutional partners, corporate sponsors, and Mindtrust itself.

All costs for the sessions, the materials used during the sessions, and the graduation badge are included. Light refreshments will be served at in-person sessions. *Transportation to in-person sessions will not be covered.*

4. How many people will be admitted to the Program? Who is eligible?

For MLDP-2025, there will be a total of 60 participants admitted, with up to 30 participants from each of Carleton and uOttawa. Preference will be given to mature and final-year students, as well as to those from disadvantaged and/or racialized communities.

5. What is Mindtrust?

Mindtrust is a not-for-profit corporation (registered charity) based in Ottawa, with the following mission:

Mindtrust equips youth with the skills to lead through self-discovery and shared learning experiences while building lifelong relationships.

6. What else does Mindtrust do?

Mindtrust delivers youth leadership development programs and community leadership networking events to youth from across the National Capital Region. Since 2020, Mindtrust has delivered 18 cohorts of its Youth Leadership Program (YLP) to young aspiring leaders between the ages of 16 and 29. Mindtrust is also developing a mentorship program for young leaders to be paired with established community and business leaders.

Note: The program is currently offered in English exclusively.

ALUMNI TESTIMONIALS

“An amazing program for emerging leaders.”

“I loved the opportunity to work on impactful projects, develop leadership skills, and connect with like-minded individuals. It was such a rewarding experience!”

“I loved how collaborative it was, and how insightful it was to hear from different leaders in Ottawa.”

“I enjoyed the opportunity to sharpen my public speaking and critical thinking skills. Additionally, I enjoyed the opportunity to connect with industry leaders...”



Learn More



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MINDTRUST LEADERSHIP DEVELOPMENT PROGRAM

MLDP-2025 SCHEDULE

Date	Time	Title	Location
January 24 th	1:00pm – 4:00pm	Launch Session	University of Ottawa
January 31 st	1:00pm – 3:30pm	Leadership from Within	Zoom #1 (uOttawa)
		Communications & Influence	Zoom #2 (Carleton)
February 7 th	1:00pm – 3:30pm	Communications & Influence	Zoom #2 (Carleton)
		Leadership from Within	Zoom #1 (uOttawa)
February 14 th	1:00pm – 4:00pm	Leadership & Conflict	Carleton University
February 28 th	1:00pm – 3:30pm	Balanced Leadership	Zoom #1 (uOttawa)
		Team Collaboration & Inclusive Leadership	Zoom #2 (Carleton)
March 7 th	1:00pm – 3:30pm	Balanced Leadership	Zoom #2 (Carleton)
		Team Collaboration & Inclusive Leadership	Zoom #1 (uOttawa)
March 14 th	1:00pm – 4:00pm	Leadership in Action	Bayview Yards