



Mindtrust Leadership

Learn | Experience | Connect

DEVELOPING THE LEADERS OF TOMORROW

For the past 21 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 and business 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 the *Mindtrust Mentors*, community and business leaders, who share their practical leadership experiences and wisdom in each session.

MLDP-2026 will be delivered through 7 in-person sessions at Bayview Yards, Carleton University, & the University of Ottawa.

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

Inclusive Leadership

- Fundamentals of Inclusivity in Leadership
- Leading Diverse Teams

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
- Group Activities with Mindtrust Mentors

FREQUENTLY ASKED QUESTIONS (FAQ):

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

MLDP-2026 will take place weekly on Friday afternoons from January 23 – March 13, 2026, with the exception of February 20th.

2. Where will MLDP-2026 be held?

The program will be held in a fully in-person format, with three (3) sessions held at Bayview Yards (Invest Ottawa HQ), and two (2) sessions held at each of Carleton University and the University of Ottawa. Please see the next page for the full schedule.

3. How much does it cost to participate in MLDP-2026?

The normal fee per participant is set at \$499; 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-2026, 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 final-year undergraduate students or graduate 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 25 cohorts of its Youth Leadership Program (YLP) to young aspiring leaders between the ages of 16 and 29. Mindtrust is also has a mentorship program that pairs young leaders 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-2026) SCHEDULE

Date	Time	Title	Location
January 23 rd	1:00pm – 4:00pm	Launch Session	University of Ottawa
January 30 th	1:00pm – 4:00pm	Leadership from Within	Bayview Yards
February 6 th	1:00pm – 4:00pm	Communications & Influence	Carleton University
February 13 th	1:00pm – 4:00pm	Leadership & Conflict	Bayview Yards
February 27 th	1:00pm – 4:00pm	Balanced Leadership	University of Ottawa
March 7 th	1:00pm – 4:00pm	Inclusive Leadership	Carleton University
March 14 th	1:00pm – 4:00pm	Leadership in Action	Bayview Yards