



# CANADA STUDY TOUR

# *Summer School Experience*

Summer 2024

Victoria, Canada



NAME: \_\_\_\_\_



# YOUR SPEAKERS

## MEET CARLA CUGLIETTA



Carla Cuglietta is a Canadian born educator, consultant, humanitarian and keynote speaker. Over the last 22 years she has been involved in global projects in several countries around the world, all aimed at teaching youth about building a better life through personal leadership.

Carla is the Executive Director and Co-founder of YoungLeaders.World, an international non-profit organization with the aim to help young people understand that leadership is a mindset, not a status, and that mindset is possible for all. To date, she has trained over **30.000 youth** worldwide.

Carla has been awarded the Canadian Prime Minister's Certificate of Achievement and the University of Alberta Alumni of Distinction for her work in engaging youth in Canada. In addition, she has been awarded the YWCA Woman of Distinction and the Lions Club International Humanitarian Award for her leadership and humanitarian work around the world. Carla holds a Bachelors Degree in Education, (B.Ed), a Bachelors Degree in Physical Education and Wellness, (B.PE), and a Masters Degree in Global Leadership, (MA).

## MEET DR. LOIS HARDER



Dr. Lois Harder is the Dean of Social Sciences at the University of Victoria. She is committed to creating opportunities for engaging conversations about leadership. Before starting this new role, Lois was the Principal at the Peter Lougheed Leadership College at the University of Alberta for 3 years.

Lois holds a PhD in Political Science and Government. As an academic, Lois' research and teaching focuses on citizenship law, social policy and the complexities of birthright citizenship. In 2014, Lois was the Eccles Centre Visiting Canadian Fellow in North American Studies at the British Library and a Visiting Scholar at the University of Kent Centre for Law, Gender and Sexuality in March 2015. She also held a Fulbright Professorship at the University of Hawaii (2008). Together with her former student Michelle Thomarat, Lois was awarded the Jill Vicker's Prize from the Canadian Political Science Association for her work. Lois is the author of 6 books, her latest entitled, *Canadian Club*.

In addition to her academic work, Lois is an avid amateur musician, playing violin in a piano trio and violin and viola in an early music ensemble.

# YOUR SPEAKERS

## MEET DR. CURTIS CLARKE



Dr. Curtis Clarke served as the Deputy Minister for Education and Post-Secondary Institutions in Alberta, Canada for 6 years. He has held a variety of public service leadership positions including associate deputy solicitor general, assistant deputy minister and executive director.

He helped design and implement national and international models of competency-based curriculum design and delivery as a founding member of the INTERPOL Group of Experts in Training, as president of the Canadian Association of Police Educators, and as a board member of the National Police Sector Council.

He holds a PhD in sociology from York University, has a leadership certificate from Cornell University, and has completed an executive program in public policy from the Harvard Kennedy School.

Curtis currently works in leadership development and consulting.

## MEET ANNA CUGLIETTA



Anna is Human Resources executive leader with over 20 years of experience, she knows what young people need to be successful in their careers. She has experience building engaging, high-performance cultures and supporting leaders in their path to growth and success. She is trained as a Performance Coach, a Certified Executive Coach as well as a Group and Team Coach from Royal Roads University. Anna is one of the first facilitators trained in Brene Brown's Dare to Lead™ program in Canada. She is a trained practitioner and coach in the Integrative Enneagram™. In 2020, after years listening and navigating the common challenges of women in leadership, Anna co-founded Women Leading, a development program for female leaders.

Anna is also the President and Founder of Catalyst Leadership Coaching. She holds a Bachelor of Arts (BA) and a Masters of Business Administration (MBA) from the University of Alberta and has completed the Queen's Executive Development program (HR).

# Day 1

## Leadership

### Welcome to the program.

Leadership with Dr. Lois Harder. Discover the different types of leadership; personal leadership, leading from the front, leading through partnering, and leading from behind. Dr. Harder will share her insights on when to use which type.

### The Leadership Framework with Carla Cuglietta

#### Vision

Visions are powerful, they can act as a GSP for your life. Learn how to write a vision for yourself and break it into smaller goals that are achievable. Learn about SMART Goals, how to set them and why they work.

#### Values

Values are what help us to set our priorities. Students will work through different activities that will help them decide what is most important in your life and why.

#### Strengths

We all have strengths, things that we are good at. Learn how to identify them to and use them to help you in your own life and for the good of your community.

#### Barriers

There will surely be things in your life that will feel like barriers to success. YLW helps students focus on mental health and how to recognize and overcome challenges. Students will leave this session knowing that overcoming barriers is a natural part of life and leadership.

#### Mission

Understanding how to use your gifts, skills and talents for a need in your community is what Mission is all about. In this session, students will discuss how what they are good at can become a career or volunteer opportunity.

# Day 2

## Self -Awareness and Emotional Intelligence

### The Enneagram with Anna Cuglietta

The Enneagram is a personality tool that can help young people better understand themselves and others. By identifying their unique personality type, young people can gain insights into their strengths, weaknesses, and patterns of behavior. This self-awareness can help them make better decisions, communicate effectively, and navigate relationships more successfully. Additionally, the Enneagram can help young people develop empathy and compassion for others, and appreciate the diversity of personalities around them.

### Self-awareness and Emotional Intelligence with Carla Cuglietta

Take what you learned from the Enneagram and connect it to learning new behaviours. Work with the instructors to understand emotional intelligence and how to make changes that will help you to develop your areas for growth and use your strengths.

This session will also look at bias, unconscious bias and challenging our assumptions.

# Day 3

## Navigating the Future

**The goal of this day is to equip our students with insights to navigate the challenges that lie ahead.**

Students will learn how to prepare themselves with the challenge that will unfold in the coming decades in the world of work. Students will learn about aligning their skills to a work that brings value to others, how to take responsibility for finding engaging and fulfilling work, how to prepare for lifelong learning in order to stay relevant, and lastly, how to be honest and proactive about their health.

By focusing on skill development, nurturing human connections, embracing lifelong learning, and prioritizing holistic health, individuals can prepare for the evolving work landscape. Armed with these strategies, young people can start to feel excitement instead of anxiety as they face of the unpredictable future of work.

### The Future of Work with Dr. Curtis Clarke

Dr. Clarke will briefly discuss the of post-secondary education and the future of work. He will share his career path and invite students to ask questions about how they can start to navigate their own path in the near future.

# What makes the Canada Study Tour a unique experience?

## 1. Campus Life

Students will be able to see what campus life looks like! While staying on the beautiful campus at the University of Victoria, students will go to class and have lectures from professors to help them prepare and adjust for their own University experience.

## 2. Leadership Learning

Students who attend this program will have access to valuable leadership learning to help them navigate a fast changing world. This programming has been developed here in Canada and includes research and insights from all around the world.

## 3. Emotional Intelligence and Self-awareness

YLW has certified coaches and facilitators to help students understand their patterns, areas of growth and super-powers. This is a powerful part of the learning experience.

## 4. Valuable Insights

Time with Dr. Lois Harder, Dean at the University of Victoria and time with Dr. Curtis Clarke, former Deputy Minister of Post-Secondaries provides students with very valuable insights as they prepare for the next part of their educational journey.

## 5. Vancouver Island in the Summer

Vancouver island is a world class location to explore! Surrounding yourself in some of nature's most incredible sights for this summer learning experience will surely be an unforgettable experience for all participants.

