

# Residential Course 1: Sessions and Objectives

## **LDI RC1-01, Overview of RC1**

**Objectives:** After this presentation, participants will:

1. Describe LDI goals, relationships, activities and timeline.
2. Plan Leader activities and timeline for the 2-year LDI experience.
3. Explore how to optimize the personal relationship of the assigned Mentor and Team Coach.
4. Build and sustain an international LDI community.

## **LDI RC1-02, Leadership – What is it?**

**Objectives:** After this presentation, participants will:

1. Identify personal leadership experiences.
2. Describe exemplary leaders and leadership qualities.
3. Envision leadership styles and personal aspirations.

## **LDI RC1-03, Leadership Framework**

**Objectives:** After this presentation, participants will be able to describe:

1. Ladder of Influence (Maxwell).
2. The 7 Habits (Covey).
3. Circle of Influence (Covey).
4. The 5 Practices (Kouzes and Posner).
5. WHO Public Health Strategy for Palliative Care (Stjernswärd, Foley, Ferris).

## **LDI RC1-04, First Things First – Time Management**

**Objectives:** After this presentation, participants will:

1. Identify the importance of time management based on values and priorities.
2. Identify and organize personal priorities by their relative importance.

### **LDI RC1-05, Presentation and Feedback Skills**

**Objectives:** After this presentation, participants will:

1. Describe the goals of education ('Dixon 6').
2. Plan a presentation.
3. Use the principles of slide design.
4. Effectively use body position, voice, and eye contact.
5. Give effective feedback.

### **LDI RC1-06, The Mentoring Relationship: Getting Started – The 5 Practices**

**Objectives:** After this session, participants will:

1. Describe Kouzes and Posner's leadership framework, and personal strategies to use the 5 Practices
2. Understand the benefits and underlying concepts of effective mentoring (4 phases of mentoring cycle) with tools, tips, and strategies for success
3. Increase awareness of their personal learning style and understands its impact in mentoring relationships

### **LDI RC1-07, The Mentoring Relationship: Working Virtually**

**Objectives:** After this presentation, participants will:

1. Identify the Learning Style of their 'partner' (Mentor – Mentee)
2. Create strategies to diminish the challenge of virtual communications
3. Describe personal needs and aspirations for the unfolding relationship

### **LDI RC1-08, The Mentoring Relationship: Optimizing Conversations**

**Objectives:** After this presentation, participants will:

1. Describe "Reaping the Harvest" – how to empower the mentoring relationship
2. Balance the need for support and the need for challenge to grow
3. Identify 2 - 3 concrete 'needs' for each party in the mentoring relationship
4. Plan how to optimize conversations to foster relationship trust and growth

### **LDI RC1-09, Presentation Skills – Optimum Pitch**

**Objectives:** After this presentation, participants will:

1. Do a 'dive-bomb' and understand its use
2. Use effective breath support
3. Find optimum pitch and describe why it is valuable

### **LDI RC1-10, Resource Management**

**Objectives:** After this presentation, participants will:

1. Identify resources needed to successfully build personal leadership skills, and complete palliative care activities.
2. Identify 2 key Tools for Receipt Submission and Financial Management.
3. Use the process for review and reporting.
4. Know what expenses are allowable and which are not.

### **LDI RC1-11, Myers Briggs Type Indicator (MBTI)**

**Objectives:** After this presentation, participants will:

1. Recognize the characteristics of their own MBTI type
2. Verify their type
3. Recognize the characteristics of different MBTI types

### **LDI RC1-12, Leadership Practices Inventory (LPI)**

**Objectives:** After this presentation, participants will:

1. Know the background and value of the LPI
2. Describe the 30 leadership behaviors and personal inventory experience
3. Choose 2-3 behaviors to incorporate into their IDP

### **LDI RC1-13, Myers Briggs Type Indicator (MBTI) – Workshop**

**Objectives:** After this presentation, participants will:

1. Describe ‘typical’ behaviors and communication styles seen in the MBTI types
2. Identify personal preferences in a positive way and appreciate the preferences of others that are different from their own
3. Adjust current behaviors based on understanding the impacts of strengths and ‘blind-spots’ in each preference style (with work mates, teams, and leaders-mentor-coach communications)

### **LDI RC1-14, Presentation Skills**

**Objectives:** After this presentation, participants will:

1. Use vowels and consonants intentionally to clarify and enliven oral communication
2. Use long and short vowel-sound patterns to increase clarity in any setting and audience

### **LDI RC1-15, Leadership-Being a Change Agent**

**Objectives:** After this presentation, participants will:

1. Describe the stages and behaviors of the '4 Quadrant Change Model'
2. Use self-awareness of strengths and weaknesses in dealing with change (MBTI)
3. Identify the importance of understanding how to accept others' process of moving through change and strategies to assist them
4. Describe steps for being a "Change Agent"

### **LDI RC1-16, Self-Care for Leaders**

**Objectives:** After this presentation, participants will:

1. Describe the value of self-care
2. Identify at least one area of self-care that can be better balanced
3. Create clear goals and a practice to support self-care during LDI and beyond