About W.I.L.D.
Since 1996, the Women’s Institute for Leadership Development (W.I.L.D.) at Old Dominion University has focused on developing the leadership skills of women students. The institute incorporates theory and practice and is divided into eight modules. Dedicated to building community among members and refining essential leadership skills, the program provides students with the opportunity to network with other student leaders and professional women.

Application Information
This is a 9 week training program, and participants must attend all sessions. The meeting dates for the Spring 2017 semester program are: January 30; February 6, 13, 20, 27; March 6, 13, 20, 27, and April 3.

An application and interview are required prior to acceptance into the program. The program is limited to 30 participants per semester.

Applications due by January 20 at 5pm.

Application available online at www.odu.edu/womenscenter

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**Mission**

- To explore women's styles of leadership and to support and empower women students as they develop their leadership skills.
- To enhance leadership skills and intellectual development and to create an environment which values and nurtures women leaders.
- To create a network and a community among women leaders during and after the college experience.
- To become an integral part of leadership development for women students at Old Dominion University.

**Objectives**

- Develop a leadership identity
- Learn effective team-building techniques
- Learn new ways to motivate group members
- Learn conflict management strategies
- Polish communication skills
- Learn how to develop contacts and create a network
- Explore career development strategies

**Spring 2017 Modules**

- **All sessions are held on Mondays 2pm-4pm, Chesapeake/Portsmouth Rooms, Webb Center.**

1. **Orientation: The Call to Leadership**
   Learn about the “call” to leadership, meet their cohort, and explore their values and what inspires them to be a leader.

2. **The Art of Team Building**
   At the heart of most high performing organizations is a commitment to the team. This experiential session will give participants the opportunity to demonstrate leadership and learn how these activities can positively impact individuals and groups.

3. **Women’s Leadership Styles**
   Women often bring special strengths, characteristics, and values to leadership. Using guided discussion and structured activities, students will explore these leadership styles and principles for leading authentically.

4. **The Journey**
   Effective leadership requires skills in managing diversity of all types. This interactive dialog will challenge students to move beyond their leadership “comfort zone” through activities and reflection.

5. **Strategies for Effective Communication**
   Effective communication skills are important for any leader. This experiential workshop will focus on gender communication, communication styles, and the skills needed to be an effective communicator.

6. **Leaning In & Back: Understanding How Leaders Succeed & Fail**
   In Sheryl Sandberg’s book, “Lean In”, she says that as well as institutional barriers to success, women face a lot of inner barriers—voices that, as she puts it, urge you to “leave before you leave.” The purpose of this workshop is explore institutional and inner barriers to success. Through discussion and self-reflective activities participants will determine what some of their internal barriers might be and make action steps for how to address them.

7. **Build Your Stairway to Success: Women’s Career Development**
   Today it takes a lot of planning and negotiating to enhance your career development and opportunities. Students will exit this experiential workshop with a variety of strategies including goal setting and career decision making skills, best practices for getting a promotion, and how to establish and start an action plan.

8. **Bringing it All Together: Sustaining Leadership & Engagement**
   With the focus on what students learned about themselves during the Institute, students will present their leadership vision and action plan for engagement on campus and in the community.