



MentorLINK Leadership Webinar Curriculum - Cohort 3

All session will be 60-minutes of interaction with 15-minutes networking and discussion. All Mentees are expected to attend, and Mentors are encouraged to join in the conversation.

Orientation Sessions

Being an Effective Mentor- *Thursday, September 23, 2020 - 1pm ET*

Although many people have a wealth of perspective to offer Mentees, few receive training on how to mentor effectively. This engaging session provides an overview of the mentoring relationship, teaches one how to be a good Mentor and guides participants in how to optimize their mentoring experience. Mentors come away prepared to participate in the mentoring program with enthusiasm and an understanding of what is -- and isn't -- needed when mentoring. They will have a clear picture of what is expected, how to be an effective mentor and strategies for getting started.

- Overview of the AACN MentorLINK program and expectations for Mentors and Mentees
- Important distinctions about mentoring vs. other types of developmental conversations
- How to form a strong connection with your Mentee
- Listening like a Mentor
- How to use powerful questions to create shifts and breakthroughs for your Mentee

Making the Most of Mentoring- *Thursday, September 23, 2020 - 3pm ET*

The key to benefiting from a mentor relationship is knowing how to make the most of the experience. This engaging session teaches participants how to take the driver's seat in their own leadership development in the context of a mentoring conversation. This training helps Mentees see how to lead mentoring conversations rather than approach them passively. The skills taught in the session focus on communication, learning to build a relationship, sharing honestly and applying the perspective of another person to one's own situation.

- Overview of the AACN MentorLINK program and expectations
- How a mentor and diverse connections can be a critical part of your core network and success as a leader
- How to form a strong connection with your Mentor
- Your responsibilities in the mentoring conversation
- How to prepare for and guide the conversation to gain what you are seeking
- How to apply what you are learning from mentoring conversations

Webinar Courses

Reactionary to Intentional - *Thursday, October 14, 2021 - 3pm ET*

Often, the demands of work and life compete for our time, energy and attention. While it is easy to slip into a reactive "fire-fighting" mode in an effort to cope with the fast pace, being reactive

typically is not effective for very long. This workshop shows you how to shift from being triggered to being fully present and intentional, which enables you to make better choices during times of stress or challenge. Especially in light of the uncertainty and volatility surrounding COVID-19, as a leader, you need to also learn self-care and self-compassion, in order to best at your best and effectively handle the challenges arising everyday.

- Learn how to identify, and recognize in the moment, what “triggers” you into becoming reactive
- Practice centering which takes little effort yet significantly improves your ability to stay calm and effective under stress
- Gain a fresh approach, tools and practices to develop a plan for improving the quality of presence in times of stress

Being the Chief Resilience Dean of Your Team - *Thursday, November 18, 2021 - 3pm ET*

What does your team need from you as their leader? How can you practice empathetic connection with your employees, in order to support them, while inspiring them to rise to the needs of the nursing college program? Discover tools and strategies to stay connected, help your team be more resilient and adaptable, and communicate in an authentic and courageous way during times of change and challenge.

- Building trust, as foundation of all relationships, is even more critical to your success with remote workers and times of uncertainty
- Taking time for empathic connection and demonstrating compassion
- The call for courageous authenticity: firm, clear and kind (telling it like it is while bringing heart)
- Extending responsibility to others as a strategy for engagement and building your team's resilience

Building Influence: Connect, then Lead - *Thursday, January 20, 2022 - 3pm ET*

The ability to influence others' behavior towards achieving outcomes requires the critical skill of relationship building, specifically building connection and credibility in equal measure. Start by exploring who is in your Circle of Influence. Discover how to engage and enroll stakeholders by building trust and connection and establishing your credibility through grounded confidence.

- Learn how to enhance your social awareness and relationships with your staff
- Understanding the need to project warmth and competence, in order to find the clearest path to influence
- Learn how to build influence with higher ups and improve your ability to "manage up"

Leadership Communication to Inspire Results - *Thursday, February 17, 2022 - 3pm ET*

At the core, all work is accomplished through a series of conversations and communications that lead to commitments for work products, meetings, and strategies. Success, in the most simplistic terms, comes from one's ability to make and fulfill promises. At the same time, the networks of coordination and collaboration in organizational life are often very complex. Many of the problems we face stem from broken or poorly crafted agreements and commitments. In this session, participants will learn how they can enhance their communication techniques and skills to improve their effectiveness and lower their stress.

- Learn how to communicate in ways that direct and inspire others towards action
- Develop empathetic connection through enhanced listening and acknowledging the other person

- Discover a framework for constructive leadership conversations -- from feedback to making requests

Building Collaborative Teams - *Thursday, March 17, 2022 - 3pm ET*

Many leaders recognize that building collaborative teams is a crucial skill, yet struggle to find the time and approach that will deliver the desired results, motivation and morale in staff and cross-functional teams. This session focuses on developing the skillsets and strategies needed to build a great team, motivated staff and an organization that can handle the challenges of change, growth and evolving organizational priorities.

- Learn the five behaviors of well functioning teams
- Foster skills for collaboration with your team members
- Discover why building a diverse, equitable and inclusive environment and encouraging constructive debate of ideas are keys to a healthy, productive and cohesive team

Leading from Vision - *Thursday, April 21, 2022 - 3pm ET*

Being visionary/intentional is critical for success, yet most professionals find themselves reacting to daily events rather than intentionally looking forward and taking action towards a desired future. In this session, we will share key distinctions and strategies that help participants shift from being reactive to being purposeful, from being narrowly focused to being a visionary and purposeful at work and in life. Participants will experience a visioning exercise as well as the tools and practices to help them practice visionary leadership beyond the workshop. We will explore what stops us from being visionary every day and identify small, but significant changes that can lead to greater effectiveness and higher satisfaction.

- Learn why vision is the distinguishing characteristic of leadership
- Understanding of how to operate as a forward-looking leader in ways that inspire and enlist others
- Create a vision of your own to work on