



# Leadership Lab

OAK PARK-RIVER FOREST COMMUNITY FOUNDATION



Through the Lab, you will curate your own leadership journey with a series of in-person and virtual classes, a ten-month program that offers personal/professional coaching, skills development and a curriculum based on the most urgent needs of our diverse West Cook community. The Program has three important components:

<p><b>THE LAB</b> Ten month program focused on leadership incubation for our community,</p>	<p><b>THE LIBRARY</b> Set of leadership resources available to all Lab participants and alumni</p>	<p><b>THE LEAGUE</b> Network of 200+ past participants who remain committed to the success of our region and each other.</p>
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We will provide you with a set of core leadership competencies that belong in a community leader's toolkit. Working with our coaching team, you will identify areas for your own professional growth, learn about opportunities for local involvement; and create your personal action plan to become the leader you know you can be.

### Fellows leave with:

- **Curated leadership action plan** personalized for individual growth
- **Leadership skills** for professional & community engagement
- Membership in the **Leadership League** (Growing network of community leaders and mentors)
- **Better understanding of regional western Cook County issues**, key players, organizations & dynamics
- **Toolkit to address systemic issues** emphasizing the importance of leadership
- Experience viewing & discussing **critical issues** through a community lens
- Access to **Leadership Library**, an online library of leadership resources
- **Certificate of completion** from an acknowledged community leadership program, culminating in a capstone Conference for Action Graduation Event

Tuition is \$2,000, includes: all supplies and daily activities. Tuition must be paid in full prior to orientation. Tuition assistance is available, please contact [leadershiplab@oprfcf.org](mailto:leadershiplab@oprfcf.org).

## 2022-2023 Program Schedule

Expected time commitment is 8-10 hrs per month. Self-directed sessions are offered throughout the month, including a mix of in-person and virtual workshops. Extra activities include "Member Exchanges," Book Club, Movie Night, Podcasts and more...

### 2022

**FRIDAYS: 9 am - 12 pm**

#### SEPT 9

**Explore Concepts of Leadership:** Leadership exists in many forms. Consider which style is right for you.

#### OCT 14

**Assess Personal Strengths and Set Goals:** Everyone has a superpower! Affirm your superpower as well as what new skills you want to develop.

#### NOV 11

**Embrace Core Values and Commit to a Culture of Courage:** No one said it would be easy. Embrace who you are and what you stand for. Unpack what it means to be courageous and vulnerable as you decide your leadership path.

#### DEC 9

**Manage Self and Aspire to Your Own Style:** Acknowledge what you yourself bring to the table with a critical eye.

### 2023

#### JAN 13

**Identify and Diagnose Problems:** Practice recognizing issues and breaking them down as the first step in successful problem-solving.

#### FEB 10

**Establish Your Theory of Change:** and what you stand for so that you can lead with authenticity.

#### MAR 10

**Intervene Skillfully:** Build skills for working with others in challenging situations.

#### APRIL 14

**Energize Others:** Learn ways to empower and motivate your team.

#### MAY 12

**Choose Your Platform:** Explore various institutional and community structures as you set your own plans for engagement.

#### JUNE 9

**GRADUATION:** Go Forth and LEAD!