Leadership Training

Learn Today. Lead Tomorrow.

Grade 7 to 10

Registration Now Open

esu.queensu.ca | 613-533-3181

Celebrating 30 Years of Youth Enrichment
Leadership Training Overview

Our Leadership Training Program is an innovative program for students entering grades 7 to 10 who strive to become effective leaders in academic, extracurricular, and business situations. With an overarching theme of personal growth, the Program helps students to develop strong communication skills, learn to cultivate strategic relationships, and to become successful team members and leaders.

The Program is offered in three levels, each with unique and complementary courses and activities designed to build and practice valuable knowledge and skills. Students may choose to attend any one of the three standalone* levels, or attend all three levels over three years to receive a Leadership Certificate from the Enrichment Studies Unit.

“Five stars! Between the games, Elbow Lake, and rock climbing, this is the best program I’ve ever been to!”

~ ESU Leadership Student

Highlights

All participants attend a leadership retreat to the Elbow Lake Environmental Education Centre to participate in exciting teambuilding and leadership activities in an outdoor setting. Other activities include climbing, swimming, a corn maze adventure, challenging teambuilding exercises, and more.

Details

* All levels are standalone program modules and may be attended independently. Students are not required to have attended L1 or L2 to attend L2 or L3 respectively.

**Level 1 (L1)**

**CORE Leadership**

Workshops Include:
- Teams & Teambuilding I
- Positive Psychology + Mindfulness
- Personality Assessment
- Leadership Training

**Grade Level**
7 and 8

**Session Dates**

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<tr>
<th>Residence</th>
<th>Commuter</th>
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<td>August 14-17</td>
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**Level 2 (L2)**

**INTERMEDIATE Leadership**

Workshops Include:
- Teams & Teambuilding II
- First Aid + CPR
- Conflict Resolution + Negotiation
- Human Rights + Anti-Stigma

**Grade Level**
8 and 9

**Session Dates**

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**Level 3 (L3)**

**ADVANCED Leadership**

Workshops Include:
- Teams & Teambuilding III
- Event Planning - Positive Space
- Work-Life Balance - Ethics
- Communication + Presentations

**Grade Level**
9 and 10

**Session Dates**

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Both the Residence and Commuter Options include:

- Intensive, hands-on workshops facilitated by subject-matter experts
- Opportunities to develop and apply teamwork/leadership knowledge, skills, and abilities
- The opportunity to learn and connect with motivated, like-minded peers
- Mentorship by Queen’s undergraduate students
- Full supervision
- All course fees
- All course materials
- Lunch
- All daytime activities
- T-shirt
- Hard cover journal
- Taxes

The Residence Option also includes:

- Accommodation in a premium residence room
- All evening activities
- Breakfast, lunch, and dinner