



# LEADER CHARACTER CONFERENCE

## AGENDA

### Thursday May 2

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| 1:00 – 2:00 pm | Leader Character Primer   |
| 2:00 – 2:30 pm | Break & Networking  |
| 2:30 – 2:45 pm | Conference Overview & Agenda  |
| 2:45 – 3:15 pm | Introductions   |
| 3:15 – 5:15 pm | <b>Workshop 1: Exercising Character Through Improvisation</b><br><br>This session introduces participants to improvisation and how it can be used to exercise character. The session will be co-facilitated by Mary Crossan who has done extensive research on both improvisation and leader character and by Kate Ashby who is a seasoned improv instructor. |
| 5:15 – 5:30 pm | Break   |
| 5:30 – 6:30 pm | <b>Keynote Address by Steve Virgin</b><br>Director, Character Leadership, Human Resources Branch<br>Canada Revenue Agency   |
| 6:30 – 7:00 pm | Cocktails   |
| 7:00 – 9:00 pm | Dinner  |

### Friday May 3

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| 8:00 – 8:30 am   | Breakfast   |
| 8:30 – 10:00 am  | <b>Workshop 2: The PABC's of Exercising Leader Character</b><br><br>This session exposes participants to the fundamentals of exercising character and the important systems – physiological, affect, behavior, cognition (PABC) that underpin it. Corey Crossan and Cassie Ellis, both with degrees in Kinesiology will lead the workshop and introduce practices designed to exercise the PABC's and the character dimensions that rely on them. |
| 10:00 – 10:15 am | Break   |





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10:15 am –  
12:00 pm

## **Workshop 3: Core Beliefs, Values and Character Based Judgment**

This session introduces participants to the connection between individual/collective core beliefs and values and character based judgment. The workshop will be co-facilitated by Mary Crossan who is doing foundational research connecting core beliefs/values and character and Marsha Rothstein who is a clinical psychologist working with Mary to explore the links between core beliefs/values and anxiety and depression. The workshop will draw important connections to well-being and sustained excellence.

12:00 – 1:00 pm

Lunch

5:15 – 5:30 pm

Break

1:00 – 2:30 pm

## **Workshop 4: Creating and Sustaining a Culture of Leader Character**

Through exercises and facilitated discussion, this session will provide participants with a better understanding of how individual leader character transforms into a character-infused culture. The session will be facilitated by Bill Furlong, one of the Institute's Executives in Residence who has written and presented on the topic of conduct, character and culture. He will be joined by experienced executive practitioners who will share their experiences of and perspectives on advocating for and incorporating Leader Character into their organizations.

2:30 – 2:50 pm

Break

2:50 – 4:00 pm

## **Workshop 5: Personal Action Plan and Next Steps**

This final session will help participants consolidate what they have learned throughout the conference and create actionable next steps to weave leader character development into their own practice, as well as into the organizations in which they work, govern, and/or volunteer.

4:00 – 5:00 pm

Reception