



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>THE LAB Ten month program focused on leadership incubation for our community,</p>	<p>THE LIBRARY Set of leadership resources available to all Lab participants and alumni</p>	<p>THE LEAGUE 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.

2023-2024 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...

2023	
	FRIDAYS: 9 am - 12 pm
SEPT 8	Explore Concepts of Leadership: Leadership exists in many forms. Consider which style is right for you.
OCT 13	Assess Personal Strengths and Set Goals: Everyone has a superpower! Affirm your superpower as well as what new skills you want to develop.
NOV 10	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 8	Manage Self and Aspire to Your Own Style: Acknowledge what you yourself bring to the table with a critical eye.
2024	
JAN 19	Identify and Diagnose Problems: Practice recognizing issues and breaking them down as the first step in successful problem-solving.
FEB 9	Establish Your Theory of Change: and what you stand for so that you can lead with authenticity.
MAR 8	Intervene Skillfully: Build skills for working with others in challenging situations.
APRIL 12	Energize Others: Learn ways to empower and motivate your team.
MAY 10	Choose Your Platform: Explore various institutional and community structures as you set your own plans for engagement.
JUNE 14	GRADUATION: Go Forth and LEAD!