

What To Expect from Your Catalyst Experience

What is Catalyst? (see [video here](#))

Catalyst, a one-day leadership development program created by LeaderShape, explores high-impact leadership principles that help participants grow with purpose and authenticity. Through self-reflection and dialogue, participants will explore their identities, skills, and group leadership behaviors to better understand what drives them as leaders. By the end of the program, participants will be equipped to turn self-awareness into action and lead collaboratively within the groups and communities they belong to.



Catalyst's Leadership Beliefs

The Catalyst curriculum is designed for foundational leadership learning and newly-emerging leaders, grounded in the following leadership beliefs:

- Leaders show care by listening generously.
- Leaders understand the foundations of their leadership beliefs.
- Leaders embrace their authentic way of leading.
- Leaders know the strengths they bring to groups.
- Leaders utilize their skills to co-create new solutions.
- Leaders are committed to lifelong growth.
- Leaders make meaning of what they've learned.

Schedule Overview

10:00am-12:45pm	12:45pm-3:00pm
• Getting Connected • Active Listening • Leadership Influences • Break • Leader Identity • Lunch (12:00-12:45pm, provided)	• Skills Exploration • Group Leadership Simulation • Group Leadership Reflection • Break • Developing Leadership Habits • Wrap-Up

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Preparing For Catalyst

While there is no required pre-work for Catalyst, participants should be prepared for a day of building community with others through storytelling, reflection, movement, and digging deep into who they are. Different from a leadership development experience that emphasizes holding positional power, Catalyst focuses on leadership as a life-long process that all leaders – ones with titles or not – sustain through personal growth and action.

How Participants Grow From Catalyst

"Catalyst helps students of all ages define who they are and how that not only relates to them as a leader, but also the people, activities, and opportunities they pursue. Our group was able to distinguish what qualities are important in leadership and how our own stories contribute to the bigger picture."

–Catalyst participant, University of Memphis

"Catalyst is a leadership workshop that makes you question how your identity affects your leadership style. It also hones in on the 'why' of your leadership, which is helpful to being more intentional with the way you lead and interact with people."

–Catalyst participant, American University

"Catalyst is a chance to experience a part of yourself that you haven't before. You step into the room and leave with a better understanding of who you are and how you can make an impact."

–Catalyst participant, Rollins College

