

Foundations in Leadership Session Summaries

Last updated October 2026

Foundations in Leadership (FiL) is designed to increase participant self-awareness and to provide participants with the skills they need to be an effective leader.

Sessions are offered 1-2 times a week to all students, faculty and staff throughout the academic year and can be found on [ExperienceBU](#).

Campus partners, including faculty and staff, can request a Foundations in Leadership workshop by filling out the FiL order a workshop form, found [here](#).

Building Community and Allyship

Participants will examine the importance of community engagement in being an effective leader by identifying positions of privilege, listening to understand, including the community in decision making, and the concept of allyship. Participants will use tools such as the wheel of privilege and the power flower to discuss these concepts.

Conflict Management & Resolution

Participants will examine the Thomas-Kilmann Conflict Mode and begin to explore how the different types of conflict impact their personal and professional lives. Participants will explain different ways to manage conflict and identify ways of resolving conflict.

Effective Listening

Participants will discuss the importance of pronouns (you, they, we, I) in effective communication, including the use of I-statements in difficult conversations. Participants will examine different forms of communication, including active listening, non-verbal communication, and reflective listening.

Please note that elements of this session can also be found in the Feedback and Self-Expression session.

Emotional Intelligence

Participants will be introduced to the concept of emotional intelligence, begin to explore its importance and how it can be used in personal and professional lives. Participants will recognize how emotional intelligence and emotion management can support leadership

styles, explain different theories of emotional intelligence, and begin to develop their emotional intelligence.

Facilitation 101

Participants will discuss the art of facilitation, distinguish the difference between teaching (one-directional) and facilitation (multi-directional), and discuss the importance of debriefing after activities to allow participants to reflect and cement their learning.

Feedback and Self-Expression

Participants will discuss responsible self-expression, the definition of constructive feedback, and will practice providing professional feedback consistently.

Please note that this session also includes elements of the Effective Listening session.

Find Your Why

Participants will be introduced to Simon Sinke's 'Golden Circle' and unlock the power of 'WHY.' Participants will examine why they do what they do, what their purpose is, and how they can use their purpose to be an impactful, inspiring, and transformative leader.

Leadership 101

Participants will be introduced to the concept of leadership, begin to explore what it means to be a leader, and gain an understanding of individual leadership styles, their needs, and how to communicate and work best with others.

Leading Teams

Participants will discuss the importance of teamwork and the key skills that are essential for success when working with a team. Participants will be introduced to Tucker's Stages of Group Development and will discuss and unpack how these relate to session activities as well as their personal and professional lives.

Love Languages

Participants will be introduced to Gary Chapman's Love Languages and translate the concepts into communication skills and the importance of effective appreciation in a team or workplace. Participants will also discuss advocating for their communication and appreciation needs.

Mentorship

Participants will discuss effective mentorship relationships, including developing good questions, establishing and respecting boundaries, and creating a welcoming environment for a mentee.

Networking

Participants will review the 7 best practices for networking, ranging from how to make friendly connections, how to find similarities, and asking for an introduction.

Public Speaking

Participants will discuss the differences between public speaking and facilitating, how to engage different learning styles, audience considerations, and different types of communication. Participants will practice their public speaking skills in the session.

Problem Solving

Participants will discuss the skills required in problem solving, such as thinking creatively, thinking critically, and decision making. Participants will work through a 6-step model for problem solving, a framework that can be applied to their personal and professional lives.

Role-Based Leadership

Participants will be introduced to the Social Change Model of Leadership and will work to de-construct the idea that leadership must be 'top-down'. Participants will leave with a stronger sense of how all roles in a team can be leaders.

StrengthsFinder (\$)

Participants will use their [CliftonStrengths](#) Top 5 Strengths Assessment to discuss strength-based leadership, strengths in teams, strategies for using their talents, and using a strengths-based approach.

The CliftonStrengths Assessment costs approximately \$33/participant and those requesting the workshop are responsible for covering the costs of the codes for all participants. Assessments must be completed prior to the scheduled session.