

**TROOST ILEAD**  
**WINTER LEADERSHIP LABS**  
Register at:  
[uoft.me/leadershiplabs](https://uoft.me/leadershiplabs)

## Winter Labs For Self & Team

Register at: [uoft.me/leadershiplabs](https://uoft.me/leadershiplabs)

You asked for support with teamwork and navigating team conflict, relationship-building, identifying strengths and increasing resilience. Join one of ILead's energizing, 90-minute workshops to get guidance and tools for action in all of these areas. You'll build concrete skills and learn tried and true techniques to use right away in your courses, on your teams or in your club. Ready for 90 minutes of community connection and fun? Register at the links below! Lab start times will alternate between 6pm and 7pm EST.

### Topics & Dates:

[Troubleshooting Team Turmoil](#) January 18, 7:00 - 8:30 pm EST

[Get That Growth Mindset](#) January 19, 6:00 - 7:30 pm EST

[Magnificent Meetings Online](#) January 25, 7:00 - 8:30 pm EST

[Self-compassion and Resilience for Trying Times](#) January 26, 6:00 - 7:30 pm EST