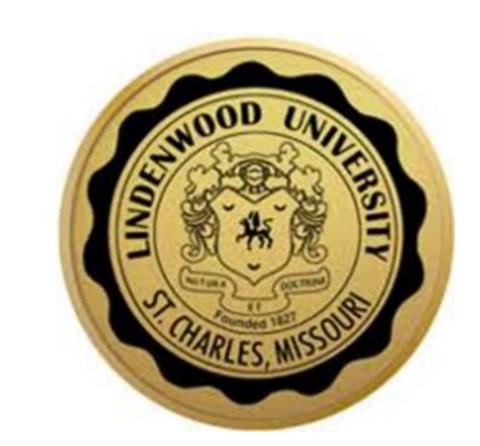


## Leadership & Supervision Employee Fellow: Team Dynamics, Mental Health, and a New Culture of Leadership



Angie Royal Lindenwood University

#### FINDING YOUR TRUE LEADERSHIP COLORS

One hundred twenty-three faculty and staff from the St. Charles campus and two staff from the Belleville campus participated in this workshop offered throughout the spring and summer of 2019. This workshop helped leaders identify their own leadership/personality styles and also learn about different styles so that they could work better with their teams. In some workshops, in addition to completing the inventory and discussing the various, a hands-on activity was completed so that program participants could see how working with the various styles could be both challenging and rewarding.

Of participants completing follow up evaluations, 100 percent of respondents strongly agreed or agreed that participating in this workshop enhanced their leadership skills. One hundred percent of respondents strongly agreed or agreed that by participating in this workshop, they had a better understanding of varying leadership and personality styles.

# SUPPORTING MENTAL HEALTH IN THE WORKPLACE

Thirty faculty and staff from the St. Charles campus participated in this workshop offered during spring 2019. This workshop was facilitated by Angie Royal, Jonathan Hunn (Director, Student Counseling & Resource Center), and Candace Terry (Benefits Director, Human Resources). This workshop covered facts about mental illness, warning signs, creating a supportive workplace, and the mental health resources Lindenwood University has to offer.

Of participants completing follow up evaluations, 96 percent of program participants strongly agreed or agreed that by participating in this workshop, they have a better understanding of mental health in the workplace. Eighty-seven percent of program participants strongly agreed or agreed that participating in this workshop assisted them in developing their leadership skills.



### FALL 2018

During the fall semester, faculty and staff at various leadership levels were contacted regarding being interviewed to determine leadership topics of interest. Twelve faculty and staff responded and were interviewed.

In addition to conducting interviews, staff fellow read *Becoming a Student Ready College: A New Culture of Leadership for Student Success*.

#### **SPRING 2019**

In the Spring of 2019, three workshops were offered: Finding Your True Leadership Colors, Supporting Mental Health in the Workplace, and Becoming a Student Ready College.

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