

UConn Leadership Workshops & Experiences

Overview

The Student Leadership & Development Programs office offers high-quality, interactive workshops designed to help participants explore and develop their leadership potential—both individually and within the UConn community. Sessions are facilitated by experienced staff and can be adapted for custom group needs.

How to Request a Workshop

Submit your workshop request at least 30 days in advance. Requests for Fall 2026 Workshops close on October 16, 2026. Click the 'Request a Workshop' button on our website and complete the form. Allow up to two weeks for review; staff will contact you via your provided email address.

Leadership Workshop Topics

Topic	Description	Time	Fee*
Get Involved	Intro to UConn involvement opportunities	30 min	Free for students; faculty/staff fee may apply
Introduction to Leadership	Definitions, characteristics, societal perspectives	45–60 min	Free for students; faculty/staff fee may apply
Personal Leadership Plan	Values exploration; SMART goal planning	60–90 min	Free for students; faculty/staff fee may apply
Exemplary Leadership	Deep-dive into the Five Practices of Exemplary Leadership	60–90 min	Free for students; faculty/staff fee may apply
Dynamics of Conflict	Managing conflict using the P.A.U.S.E. method	1 hr	Free for students; faculty/staff fee may apply

Personality & Leadership Inventories Workshops

True Colors (Personal Awareness, Team building, Communication): Discover four temperament types (Orange, Gold, Blue, Green), how they communicate, and how to optimize group conversations. 75 min. Ideal for 15–30 participants.

Fees: Free for students; facilitation fee applies for faculty/staff; Optional: *Keys to Personal Awareness & Success* booklet: \$30 each. The booklet includes the assessment and adds value to the workshop because participants can walk away with material they can use later on.

StrengthsQuest (Personal Strengths, Talents, Strengths-Based Leadership): Complete the Gallup StrengthsFinder, learn your top 5 strengths, and apply strengths-based leadership. 1.5 hrs. Ideal for groups of 5–30.

Fees: Free for students; facilitation fee applies for faculty/staff plus a \$25 per person assessment cost.

Four Arrows – Experiential Programs

Challenge Course at Four Arrows: Outdoor, hands-on problem solving using high/low elements. 2–4 hrs. Minimum 12 participants.

Mobile Programming: Flexible activities delivered anywhere on campus, focusing on teamwork, communication, or conflict management. Suggested durations: 45 min–3 hrs; ideal for groups of 10+.

Contact & Follow-Up

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