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OCTOBER 24-26, 2023

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## MENTORSHIP PROGRAMS

An Opportunity to Nourish both Mentor and Mentee

Presenters

*Emily Pridham, Dawn Waterhouse, Kris Nielsen & Lindsay Brookes*

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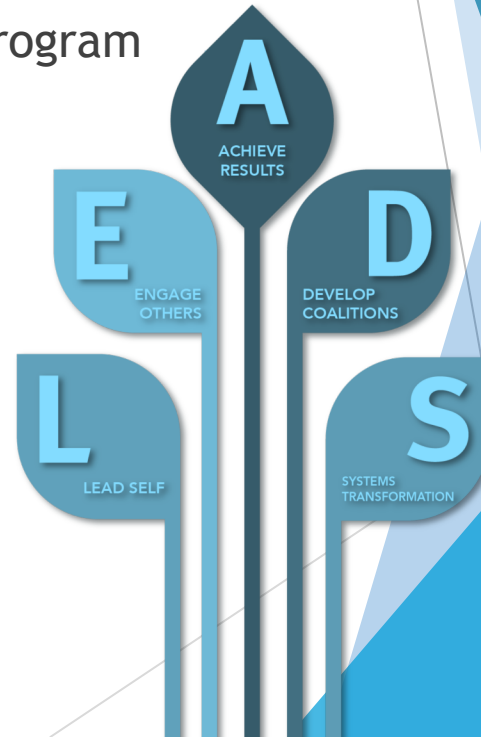
#CWHLC2023



# Welcome & Session Overview

- ▶ Introductions
- ▶ The Vancouver Island Chapter Mentorship Program
- ▶ Mentorship & Self-care
- ▶ Mentorship & the LEADs domains:  
Lead Self & Engage Others
- ▶ Connecting the Concepts
- ▶ Actionable Strategies

*Opportunities to reflect and connect*



# Introduction to your Panelists

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Emily  
Pridham



Dawn  
Waterhouse



Lindsay  
Brookes



Kris  
Nielsen



# The Vancouver Island Chapter Mentorship Program

- ▶ Information about the program
- ▶ Changes during the pandemic
- ▶ Key factors for success



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## Reflection for you

- ▶ Think about a time when you experienced good self-care, whatever that means to you
  - ▶ *How did you feel?*
  - ▶ *What made it effective?*

Panelists to share their experience

# Self-care

# Mentorship & LEADS

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ENGAGE  
OTHERS

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LEAD SELF

Reflection for you

- ▶ *Think about a positive or rewarding experience you've had as a mentor or mentee*
  - ▶ *How did you feel?*
  - ▶ *What made it positive?*

Panelists to share their experience

# Mentorship & LEADs: Lead Self

In your time as a mentor or mentee, how do you think you've changed in your own **LEAD SELF** domain?



## LEAD SELF

Self-motivated leaders...

### Are self aware

They are aware of their own assumptions, values, principles, strengths, and limitations.

### Manage themselves

They take responsibility for their own performance and health.

### Develop themselves

They actively seek opportunities and challenges for personal learning, character building, and growth.

### Demonstrate character

They model qualities such as honesty, integrity, resilience, and confidence.





## ENGAGE OTHERS

Engaging leaders...

### Foster the development of others

They support and challenge others to achieve professional and personal goals.

### Contribute to the creation of healthy organizations

They create engaging environments where others have meaningful opportunities to contribute and ensure that resources are available to fulfill their expected responsibilities.

### Communicate effectively

They listen well and encourage open exchange of information and ideas using appropriate communication media.

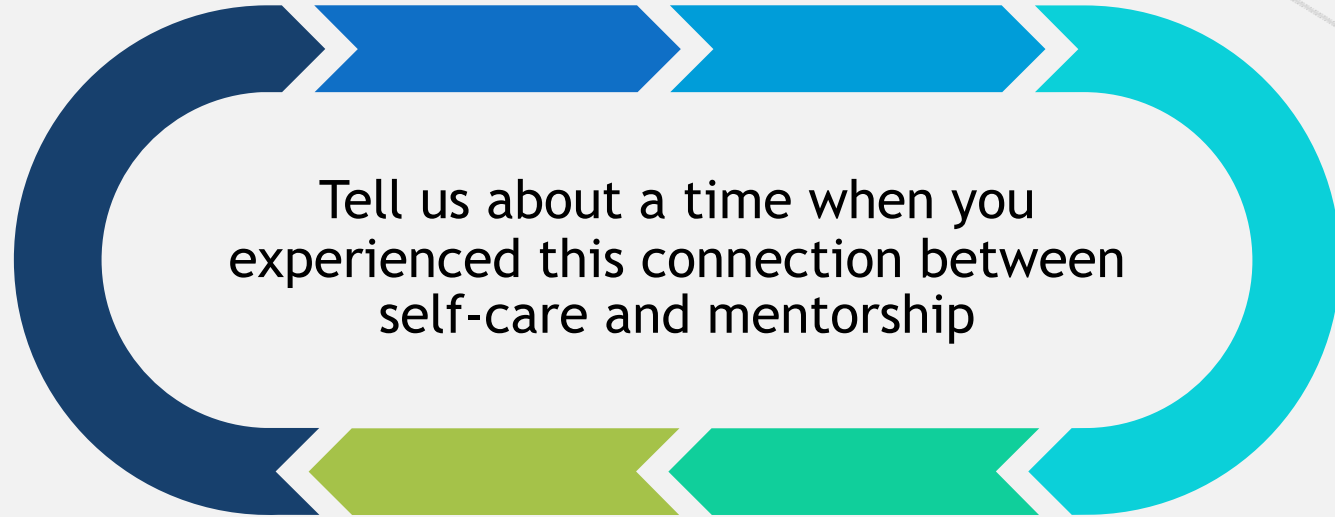
### Build teams

They facilitate environments of collaboration and cooperation to achieve results.

# Mentorship & LEADs: Engage Others

What have you learned about **ENGAGING OTHERS** through being a mentor or mentee?

# Connecting the Concepts



**Reflection:** Think about the questions from earlier regarding self-care and a rewarding mentorship experience. What are the similarities?

# Actionable Strategies

How can we use the connection between mentorship & self-care to build resiliency and cope with daily pressures?

Panel Discussion

What are one or two actionable ideas you will take back to your workplace?

Participant Take-aways



# Thank You!

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