***Leadership Workshops Wednesday 16th and 23rd April 2025***

with **Dr Gearóid Hardy** Empowering Transformational Leadership [www.gearoidhardy.com](http://www.gearoidhardy.com/)

**Red Room, Student Centre, 10 am – 1 pm (refreshments 11 am)**

**Application Form**

Completed application form to be returned by e-mail to graduatestudies@ucd.ie please choose Leadership workshops from drop down menu by **Friday 14th March 2025, 25 places available.**

**Description of workshops:**

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| This course is designed to equip PhD students with essential leadership, communication, and decision-making skills crucial for thriving in today’s complex academic and professional environments.  It focuses on fostering strategic thinking and enhancing the ability to navigate volatile, uncertain, complex, and ambiguous (VUCA) conditions.  Students will explore practical tools and strategies for effective personal and professional development, including techniques for handling difficult conversations, managing conflicts, and providing constructive feedback. **Key areas of focus include:** * **Strategic Thinking:** Learn how to think long-term, anticipate challenges, and develop innovative solutions for navigating complex situations.
* **Survival Guide for Academia:** Gain practical advice for managing the pressures and expectations of PhD studies while balancing research and personal well-being.
* **Navigating VUCA:** Master strategies for staying agile and making effective decisions amidst uncertainty and change.
* **GROW Conversations:** Understand and apply the GROW (Goal, Reality, Options, Will) coaching model to facilitate goal-oriented discussions that drive progress.
* **Difficult Conversations:** Develop skills to manage and navigate challenging conversations with colleagues, supervisors, and peers.
* **Dealing with Conflict:** Learn techniques for addressing and resolving conflicts constructively, fostering collaboration and maintaining positive relationships.
* **Influencing and Negotiation Skills:** Cultivate the ability to persuade, influence, and negotiate in both academic and professional settings.
* **Constructive Criticism:** Understand the role of feedback in personal and professional growth and learn how to give and receive feedback effectively.
* **Working Smarter, Not Harder:** Embrace strategies for time management, prioritization, and efficient work practices to enhance productivity without increasing stress.

 Throughout the course, students will engage in practical exercises, real-world scenarios, and reflective discussions to hone their skills and ensure they are prepared to succeed in the rapidly evolving academic and professional landscapes.**Learning Outcomes:** By the end of the course, students will be able to: 1. Apply strategic thinking to solve complex problems and make informed decisions.
2. Navigate VUCA environments with confidence and adaptability.
3. Lead and engage in difficult conversations with professionalism and empathy.
4. Resolve conflicts constructively and build strong, collaborative relationships.
5. Influence, negotiate, and provide constructive feedback to others.
6. Maximize personal and professional efficiency, working smarter, not harder.

 This course will provide PhD students with the tools and strategies to not only excel in their academic journey but also thrive in their future careers, whether in academia, industry, or leadership roles.  |

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| **Applicant Details**  |
| **Student Number:** |   | **First Name:** |  | **Family Name:** |  |
| **Email address:** |  | **Phone Number:** |  |
| **School/Area:**  |  |

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| **Brief Motivational Statement: Why would you like to participate in Leadership workshops? (max. 150 words)** |
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| **What do you hope to achieve during The Leadership Workshops? (max. 150 words).** |
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