

Ready to Lead - 2025-2026 Schedule

Module Name & Topics	Hours per meeting	Meeting date	Meeting date	Time of meeting
1 - Leadership Fundamentals: Are you ready to lead?	12.5	Monday	Wednesday	2025
Topic 1 - The Art and Science of Leadership	2.5	27 October	29 October	7:30-10:00 PM
Topic 2 - The 5 Levels of Leadership	2.5	3 November	5 November	7:30-10:00 PM
Topic 3 - Leadership Capabilities	2.5	10 November	12 November	7:30-10:00 PM
Topic 4 - Leadership Habits	2.5	17 November	19 November	7:30-10:00 PM
Topic 5 - Developing as a Leader	2.5	24 November	26 November	7:30-10:00 PM
Topic 6 - My Leadership Development Plan	0			One-to-One (30 min)
2 - Understanding the NS Health Care System	15	Monday	Wednesday	2026
Topic 1 - The Canadian Health Care System	2.5	5 January	7 January	7:30-10:00 PM
Topic 2 - The History of Home Care in Nova Scotia	2.5	12 January	14 January	7:30-10:00 PM
Topic 3 - The History of Long-Term Care in Nova Scotia	2.5	19 January		7:30-10:00 PM
Topic 4 - Nova Scotia: Continuing Care Today	2.5		21 January	7:30-10:00 PM
Topic 5 - Root Cause Analysis	2.5	26 January	28 January	7:30-10:00 PM
Topic 6 - Advocacy	2.5	2 February	4 February	7:30-10:00 PM
3 - Communication Skills: What you say next matters	12.5	Monday	Wednesday	
Topic 1 - The Communication Loop	2.5	9 February	11 February	7:30-10:00 PM
Topic 2 - Communication Styles	2.5	Holiday	18 February	7:30-10:00 PM
Topic 3 - Active Listening	2.5	23 February	25 February	7:30-10:00 PM
Topic 4 - Giving and Receiving Feedback	2.5	2 March	4 March	7:30-10:00 PM
Topic 5 - Challenging Conversations	2.5	9 March	11 March	7:30-10:00 PM
Topic 6 - Conversation Assessment	0			Pair Activity (30 min)
4 - Building Connections: Why relationships matter	15	Monday	Wednesday	
Topic 1 - Understanding Relationships	2.5	23 March	25 March	7:30-10:00 PM
Topic 2 - Earning Trust	2.5	30 March	1 April	7:30-10:00 PM
Topic 3 - Building Credibility	2.5	6 April	8 April	7:30-10:00 PM
Topic 4 - Creating Psychological Safety	2.5	13 April		7:30-10:00 PM
Topic 5 - Leading Teams	2.5		15 April	7:30-10:00 PM
Topic 6 - Providing Relational Care	2.5	20 April	22 April	7:30-10:00 PM
5 - Ethical Problem Solving: When there are no good options	12.5	Monday	Wednesday	
Topic 1 - Ethics	2.5	27 April	29 April	7:30-10:00 PM
Topic 2 - Moral Behaviour	2.5	4 May	6 May	7:30-10:00 PM
Topic 3 - 5-Step Process for Ethical Decision Making	2.5	11 May		7:30-10:00 PM
Topic 4 - 7-Step Process for Ethical Decision Making	2.5		13 May	7:30-10:00 PM
Topic 5 - 6-Question Process for Ethical Decision Making	2.5	25 May	20 May	7:30-10:00 PM
6 - Developing as a Leader: Your personal leadership journey	12.5	Monday	Wednesday	
Topic 1 - Leading Diverse Teams	2.5	1 June	3 June	7:30-10:00 PM
Topic 2 - Leading Meetings	2.5	8 June	10 June	7:30-10:00 PM
Topic 3 - Leading Change	2.5	15 June	17 June	7:30-10:00 PM
Topic 4 - Leading Yourself	2.5	22 June	24 June	7:30-10:00 PM
Topic 5 - Leadership Panel: Lessons From the Field	2.5	29 June	Holiday	7:30-10:00 PM
Topic 6 - My Leadership Development Plan	0			One-to-One (30 min)