



uGrow

INDIVIDUAL PROGRAM

The uGrow Individual Program encourages University employees who self-identify as members of designated groups to “Step Up” and enhance their skills and aspirations to pursue and assume leadership positions.



SEARCH for your interests:

- identify your passions and skills (e.g. Myers Brigg assessment/personal introspection)
- conduct online research in your field of interest
- establish goals
- network/find a mentor (e.g. utilize LinkedIn)



TRAINING required to reach your leadership goals:

- know your current credentials (e.g. resume)
- become aware of the trainings offered in/outside your department (e.g. Human Resources and CTL)
- identify trainings you need for your future goals
- discover the resources available to you (e.g. funding opportunities)



EMPOWER yourself for leadership success:

- communicate with people you find inspiring
- establish clear leadership goals
- identify personal activities that support your mental health
- support ongoing education



PROGRESS evaluation:

- create checkpoints in order to evaluate your progress (e.g. journaling)
- allow for flexibility
- support optimism
- celebrate progress while accurately assessing setbacks



Step Up

TO LEADERSHIP

Goalsetting for Individuals

My preferred future leadership role is:



Passions and skills that will help me achieve this leadership goal:



Training(s) I would need to work in this leadership role:



I will empower myself to work towards this leadership role by:



I will assess my progress throughout my leadership journey by:

My deadline for this leadership goal: