



Indigenous  
Services  
Canada

Interdepartmental  
Organizational  
Change  
Network



# Mindful Change Leadership Development Program

English Offering 2022  
Summary of Results

*“Leadership is not a rank or a position, it is a choice - a choice to look after the person to the left of us & the person to the right of us.”*

- S. Sinek



# Mindful Change Leadership Development (MCLD) Program Goal

To increase self-awareness by developing key skills:

- Focus,
- Clarity,
- Creativity, and
- Compassion in the service of others

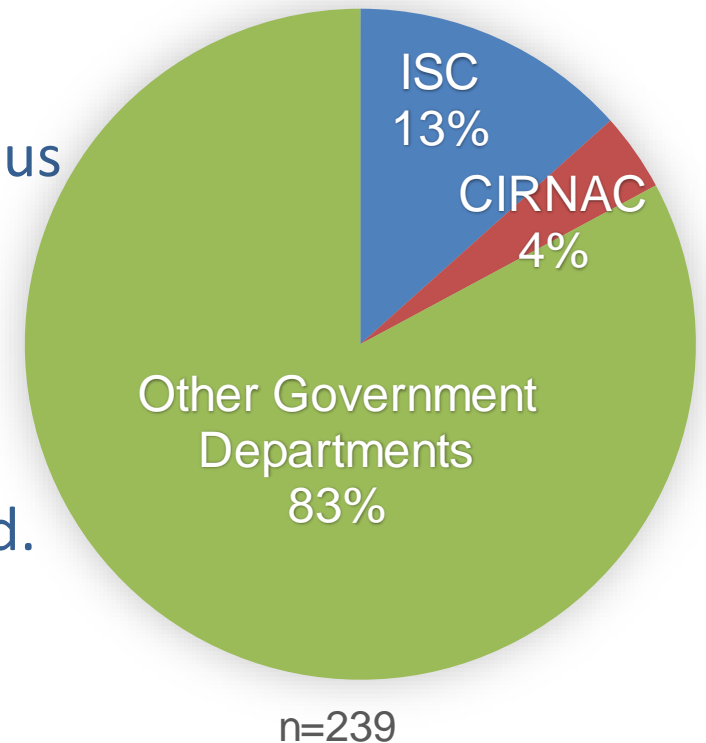
... with a positive impact on well-being and resiliency.



*“Individuals with higher mindfulness have greater resilience, thereby increasing their life satisfaction.” - ScienceDirect*

# MCLD 2022 English - Program Highlights

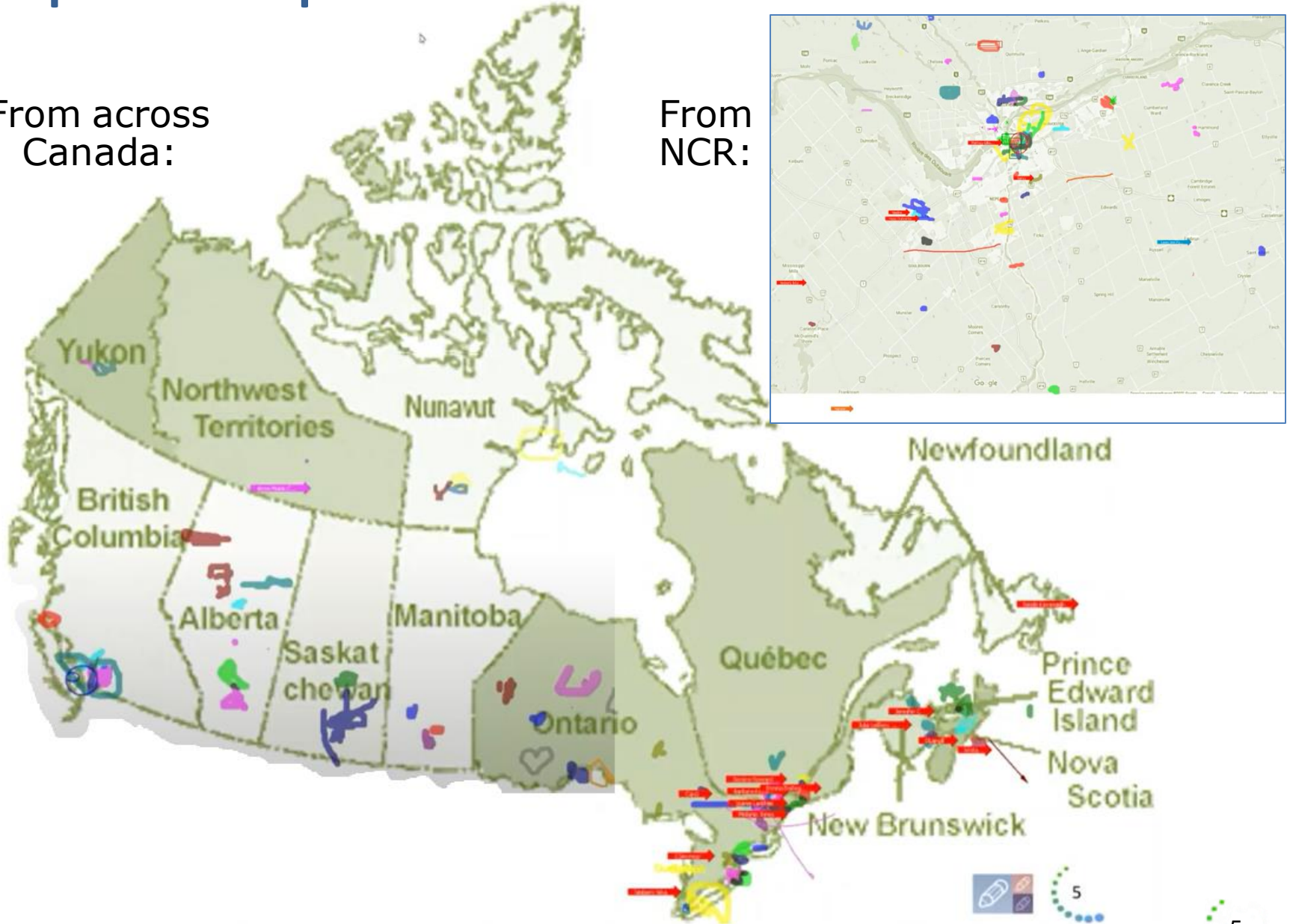
- ✓ The program was offered from April to June 2022, one hour once a week.
- ✓ The invitation was sent to Indigenous Services Canada (ISC), Crown-Indigenous Relations and Northern Affairs Canada (CIRNAC) and all other Government of Canada (GC) departments.
- ✓ 239 registrants with corresponding preliminary assessments were received.
- ✓ 130 participants from across Canada completed the program.



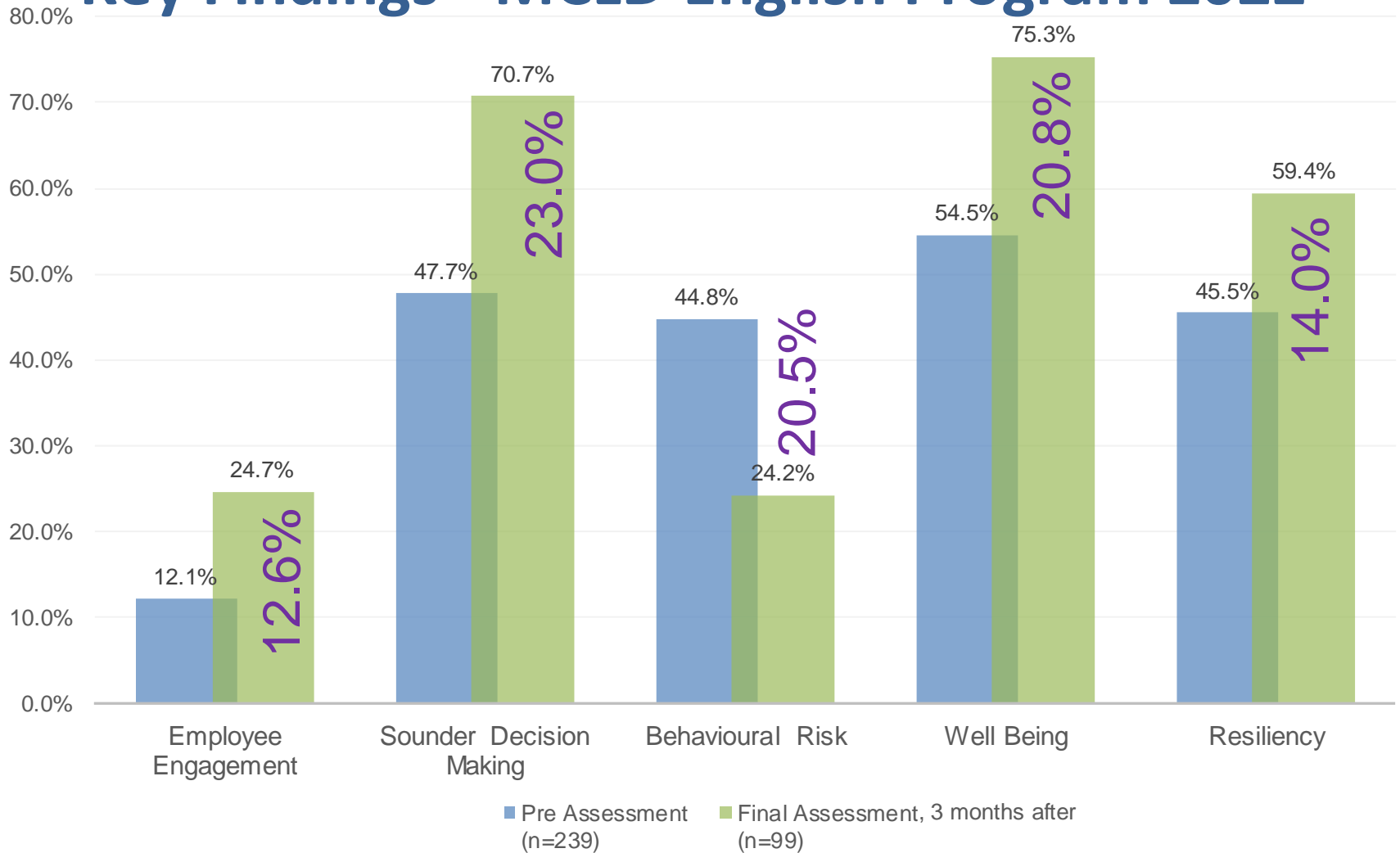
# Map of Participants – First Session of MCLD 2022 En

From across  
Canada:

From  
NCR:



# Key Findings - MCLD English Program 2022



\* People who answered "Almost Always", "Very Frequently", and "Somewhat Frequently"

# MCLD Program Testimonials



- ✓ "...in a way, your investment in **becoming medicine... is a very important investment...**" - Elder Malcom Saulis
- ✓ "I found this course to be extremely **powerful and grounding...** this really **helps to shape how I look at my relationships with my staff...** it was excellent. "
- ✓ "it was very powerful, very interesting, lots of insights. I learned a lot about myself. I found the exercises appropriate in me being more productive, **more present in my relationships with my colleagues and also with my family.**"
- ✓ **"This series is life changing.** I hope to participate more in the future"
- ✓ **"These 8 weeks have been profound...** in my view I think this **should be mandatory for everyone. it's that powerful"**
- ✓ "Thank you for this valuable opportunity to grow personally and professionally. **It has been an important adjunct to the transformational work we are doing at ISC.**"
- ✓ I wanted to also share some specific gratitude... I found the sessions incredibly helpful, useful and well structured... it's already had a wonderful effect on my life

# What's Needed For Success?



- ✓ Voluntary Participation
- ✓ Support from Management

