



The MWL Leadership Institute

January to May 2024

The 2024 MWL Leadership Institute

Minnesota Women Lawyers is pleased to offer the 2024 MWL Leadership Institute, an inclusive, multi-session professional development program designed for women attorneys of all experience levels, practice types and areas of law.

The MWL Leadership Institute will bring together a group of 21 to 27 attorneys, interacting both as a full cohort and in smaller learning communities. Two sessions will be held in-person in downtown Minneapolis, and three sessions will be held remotely via Zoom, between January and May 2024. Additional opportunities to gather in-person will be considered as a cohort during the course of the Institute. All women, non-binary and transgender people are encouraged to apply.

During five interactive sessions, participants will develop leadership skills to support them in making meaningful contributions to their organizations and communities, to lead from a framework of equity and inclusion, and to advance their personal leadership journey.

CLE CREDITS

**13 to 14
CLE Credits**
(Elimination of Bias
and Standard credits
will be applied for.)

DEADLINE TO APPLY

November 10, 2023

Core Topics

SESSION ONE:

LEADERSHIP & CHANGE

- Authentic Leadership
- Using Strengths to Connect to Your Values
- Agility & Resilience

SESSION TWO:

LEADERSHIP & INCLUSION

- Leadership through Equity & Inclusion
- Inclusion in Practice

SESSION THREE:

LEADERSHIP & WELL-BEING

- How to Beat Burnout
- Identifying and Implementing Healthy Boundaries
- Creating a Culture of Care

SESSION FOUR:

LEADERSHIP & CONFLICT

- Cultivating your Leadership Presence
- Team-Building and Navigating Conflict

SESSION FIVE:

LEADERSHIP & INFLUENCE

- Implementing Your Leadership Practice

The MWL Leadership Institute Highlights

OVERVIEW

As women leaders, we navigate multifaceted issues, exercising our leadership presence in navigating conflict, advancing inclusion, addressing overwhelm, dismantling barriers, and leading change.

The 2024 MWL Leadership Institute is a research-based and experiential professional development course, created to meet you where you are and support your next steps. Designed with an authenticity-based approach to advance each individual leadership journey, the 2024 Institute will explore interrelated topics in a Leading Change framework.

Participants will delve into interrelated aspects of being an effective leader in today's ever-changing landscape. With a practice-ready skills enhancement focus, the 2024 MWL Leadership Institute will include opportunities to engage in experiential and inclusive learning, interactive hands-on workshops, individual reflection, and small and large group work. Additionally, a half-hour coaching consultation will be available to each participant to schedule during the course of the program.

2024 SCHEDULE

Jan 19, 9 am to 2 pm, in-person
Feb 23, 10 am to 12 pm, remote
Mar 22, 10 am to 12 pm, remote
Apr 26, 9 am to 2 pm, in-person
May 17, 10 am to 12 pm, remote

The two in-person sessions will be held at the MWL Office (600 Nicollet Mall, downtown Minneapolis) with meals and refreshments being provided. The three remote sessions will be held via Zoom. Additional opportunities to gather in-person will be considered as a cohort during the course of the Institute.

Participants are expected to attend each session in its entirety. CLE credit will only be received for time attended. Participants who are absent from more than one session may not receive a certificate of completion.

[MWL is committed to making the MWL Leadership Institute as accessible as possible to its membership. Limited scholarship funds may be available. Scholarship requests are encouraged and should be made on the application form.](#)

Completed applications, including the narrative statement, must be received at MWL by 5:00 p.m. on November 10, 2023. All women, non-binary and transgender people are encouraged to apply. Early application is also encouraged. Space is limited.





The MWL Leadership Institute Facilitator Team



LISA DEJORAS has extensive experience in teaching, training, course design and delivery. She teaches ethics, law, and leadership for arts and cultural leaders at the University of Minnesota, in the College of Continuing and Professional Studies, Master of Professional Studies in Arts and Cultural Leadership Program. She is also an adjunct professor at Mitchell Hamline School of Law, teaching advocacy trial skills. Lisa began her career practicing law for over a decade as a criminal defense trial lawyer. She has also served the State of Minnesota at three state agencies, worked for the Journal of Public Affairs Education, and served on the Women in Public Service conference planning committee. She holds a B.S. in Psychology, Master's degrees in Public Administration and Nonprofit Management, and a J.D.



STEPHANIE DOMROSE specializes in program development and professional coaching focused on empowering individuals and the companies they work for to define their roles, reach for success without sacrificing self-care, and lead their lives and organizations with intention. Stephanie is a certified Cognitive Behavioral Technique (CBT) coach, Senior Field Coach for a global fitness franchise, organizational development consultant, nonprofit founder, Reiki energy healer, writer, and speaker. She is graduating in April with her Master's in Arts and Leadership, focusing on Social Transformation.



VERONA MITCHELL is a certified intercultural development & diversity executive and a global leadership professional who has dedicated her career to aligning Diversity, Equity, and Inclusion (DEI) performance with personal as well as business goals and strategy. Verona's expertise is in the areas of Diversity & Inclusive Leadership, Cultural Competence Development, and Organizational Leadership & Development. Verona is the founder of Cultives & Associates, LLC. Her work with Cultives focuses on bringing together consultants in building cultural competency and intercultural strategies for business entities, teams, and individuals; both nationally and internationally. She holds both a B.A. and Master's degree in Organizational Leadership.

“Based on MWL's core values of equity, leadership & community, and presented by dynamic local experts, we are pleased to offer The MWL Leadership Institute to our members. This innovative curriculum will focus on topics and skills that are vital for professional success. The Institute will also provide the opportunity to build meaningful relationships among a diverse cohort of participants. We invite all MWL members to apply.”

- Debra Pexa
MWL Executive Director



“ I highly recommend the Institute! I feel strongly that no matter where you are in your career, there are excellent takeaways and lessons to be learned about how to lead, support others, and take care of yourself.”

- 2022 TLI Participant



Questions?

Please contact MWL Program & Projects Coordinator Tessa Jones at tjones@mwlayers.org.

The MWL Leadership Institute Info & Application

TUITION

\$875 – MWL Members

An individual must be a current MWL member to participate in the MWL Leadership Institute. Learn more and join at www.mwlayers.org.

Participants will receive access to an online cohort classroom via The MWL Exchange, remote and in-person workshop sessions, 13-14 CLE credits, related workshop materials and a certificate of completion.

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NOTE: Tuition fees are not requested at the time of application submission. MWL will notify all individuals of their application status by early-December. At that time, those applicants accepted into the 2024 cohort will receive an invoice for tuition payment. Scholarship notification will also be provided at that time.

Unless other arrangements are made directly with MWL, tuition payment must be received in full by MWL no later than January 1, 2024. If payment is not made in full by that date, program placement may be forfeited.

TO APPLY

Please complete the online application available at www.mwlayers.org.

Completed applications, including the narrative statement, must be received at MWL by 5:00 p.m. on November 10, 2023.

Early application is encouraged. Space is limited. Visit www.mwlayers.org for complete program and logistical details.

QUESTIONS?

Please contact MWL Program and Projects Coordinator Tessa Jones (tjones@mwlayers.org).