

Adam Frey - LLMC

[Homepage](#) | [Lifting as you Lead 2024](#) | [Success Stories](#) | [FR](#)

LIFTING AS YOU LEAD

MENTORING CIRCLES PROGRAM

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DIRIGER EN ÉLEVANT LES AUTRES

PROGRAMME DES CERCLES DE MENTORAT

CONNECTER • ÉLEVER • INSPIRER



Contents

Adam's Layers

[Linked in](#)

What motivated you to join the Lifting as you Lead Mentoring Circles program?

How do you envision your participation contributing to your professional growth?

What specific goals or aspirations do you hope to achieve through this experience?

Can you share a specific challenge or opportunity that led you to seek mentorship with the public service?

Describe the impact you aim to make within your role through this program.

What has most inspired you in this journey of your professional development?

What unique strengths or perspectives do you bring to your circles that can benefit others?

What is the one message you would like to leave us with today?

Cohort 4 - Application

Adam's Layers

Linked in (<https://www.linkedin.com/in/adam-frey-509253282/>)

I'm the Cadre manager for Traffic Technician (movements logistics) trade training in the Canadian Armed Forces; an organization I've been with, in various capacities, since 1999. I'm a father, partner, whitewater kayaker, mountain biker, backcountry skier and general adventurer who tries to live life to the fullest. I have a college diploma in Bilingual Business Administration. Recently, I've taken on a larger role as a cultural change representative in my unit, noting that there was a place that I could help bridge the gap between misconception and the difficulty of addressing matters of cultural integration, along with a good amount of fatigue around the subject; I am doing my best to understand the nuances of the situation and bridge the gap in this requirement.

What motivated you to join the Lifting as you Lead Mentoring Circles program?

I was seeking mentorship as I move into an upper middle management role within my organization.

How do you envision your participation contributing to your professional growth?

It has given me a deeper understanding of cultural subject matter and allayed much of my unconscious bias in addressing difficult subjects of race and privilege as a white male. This has given me a greater comfort and the tools needed to address this subject matter and make it resonate with others in some circumstances.

What specific goals or aspirations do you hope to achieve through this experience?

I hope to continue to broaden my knowledge and be able to take cultural matters into account with my future endeavours, both professional and personal.

Can you share a specific challenge or opportunity that led you to seek mentorship with the public service?

Getting in-depth mentorship and guidance is difficult at my rank level, because people (including myself) are often too busy to have/take the time. Participating in this program allows it to happen more organically, and mainly within business hours, enabling participation to grow from there.

Describe the impact you aim to make within your role through this program.

I intend to use the tools I have to educate and help, in a manner that speaks to everyone.

What has most inspired you in this journey of your professional development?

The personalities and stories involved throughout the journey.

What unique strengths or perspectives do you bring to your circles that can benefit others?

I am part of a minority white males participating in the program, a perspective that also helps.

What is the one message you would like to leave us with today?

If you don't have the time, try to find the time. If it seems odd or uncomfortable at first, do your best to get through the initial hesitation. The end goal is well worth the growth.

Cohort 4 - Application

Are you interested in joining a growing network of enthusiastic learners, visionary leaders, and engaged listeners? Are you looking for an experience that will equip you with the skills to take meaningful action for diversity, equity, and inclusion?

Click [here](https://forms.office.com/r/4rxxciUXXs) (<https://forms.office.com/r/4rxxciUXXs>) to apply for LLMC in 2024!



The application deadline is: Sunday, June 30, 2024.

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