Mindful Change Leadership Development Program

(Disponible en français : DLCP-MCLD)

(Use of AI tools disclaimer)

What is the MCLD program?

The Mindful Change Leadership Development Program (**MCLD)** is a free, government-wide leadership development program designed to help public servants strengthen their ability to lead change through mindfulness, self-awareness, and compassionate leadership.

Why join?

Designed to meet on-going needs of the public service sector, the MCLD program will guide participants to develop skills in focus, clarity, creativity and compassion in the service of others. By joining this program participants can also increase self-awareness, improve their ability to navigate change, build resilience during uncertainty, strengthen communication and leadership skills, create sustainable mindfulness habits and expand your professional network.

It is a great opportunity to get to practice mindfulness to develop leadership, resilience, and self-awareness.

Who can participate?

- Open to **everyone**, regardless of level, role, or experience
- Individuals leading, supporting, or impacted by change

- Experienced, new, and aspiring leaders
- All those interested in mindfulness or personal growth

Program at a Glance

- Duration: 8 weeks
- Cost: Free
- Weekly Webinar: 1.5 hours
- Weekly Time Commitment: Approximately 4 hours total
- Daily Mindfulness Practice: 5-20 minutes
- Buddy System Discussion: Approximately 30 minutes/week

Upcoming Cohort in French

- Start Date: October 6, 2026
- End Date: November 24, 2026
- Schedule: Tuesdays, 12:30 PM to 2:00 PM ET

The English cohort is offered during the Spring

Participation Requirements

- Register voluntarily
- Obtain manager or supervisor support
- Commit to active participation throughout the program
- Complete the program self-assessments

Participants will

- Increase self-awareness
- Strengthen leadership capabilities during periods of change
- Learn practical mindfulness techniques
- Build connections with colleagues through cohort and buddy-system activities

Information sessions

Join an information session to learn more about the program, to hear outcomes from previous cohorts, to experience a short mindfulness exercise and to get answers to your questions before registering.

Information Session One

- **Tuesday, Sep 15, 12:30pmET - 2:00pmET**
- Sponsored by: **Marie-Claude Lemieux, Ombud, TBS**
- The **recording is available** via the MCLD Program - Cohort, CoP & CoI (you need to join the group to access it), under the "Blog" section.

Further information about the MCLD program check the MCLD - FAQ (https://wiki.gccollab.ca/Mindful_Change_Leadership_Development_Program_-_FAQ) for Frequently Asked Questions.

Program Registration

- Registrations for the French cohort are now open and will close October 3, 2026
- Capacity is for up to 300 participants
- Registration is on a first-come, first-served basis

Thanks for your interest, the registration is now closed. The next cohort will be delivered in English in the Spring 2027, specific dates to come.

To get notified, join the MCLD Program - Cohort, CoP & CoI.

Some of our experienced facilitators

Drawing on backgrounds in education, public service, mental health, coaching, community engagement, and organizational development, MCLD facilitators guide participants through a transformative learning journey that fosters self-awareness, resilience, compassion, and authentic leadership. Together, they embody the principles of mindfulness and servant leadership, helping participants cultivate the skills and mindset needed to lead change with intention, empathy, and purpose.

The following is a list of volunteering facilitators (https://wiki.gccollab.ca/MCLD_Program_Facilitators_Team_/_L%27%C3%A9quipe_des_animateurs_du_program_de_DLCP) to the program, including past, current and future offerings.

List of Weekly Sessions

- Week 1: Intro & Structure, Breathing (focus, clarity, creativity)
- Week 2: Neuroplasticity, Mindful Change Leader, Body Scan (focus, clarity)
- Week 3: Compassionate Leadership, Understanding/Listening, Deciding (focus, compassion)
- Week 4: Leadership, Water Drinking, Cleaning Environment (clarity, compassion)
- Week 5: SCARF model, SBN-RR Technique, LuvUrSelf (Compassion, Clarity, Creativity)
- Week 6: Presence, Eating, Win-Win-Win (Focus, Compassion, Clarity, Creativity)
- Week 7: Mindful Walking, Decisions, EQ, Journal, Loving Kindness (Focus, Creativity)
- Week 8: Resilience, Values, Resources, Intention, Closing (focus, clarity, creativity, compassion)

For more details, check: MCLD - 8 Week Program Details (https://wiki.gccollab.ca/Mindful_Change_Leadership_Development_Program_Details).

Promoting the program

It would be really appreciated if you can use the following MCLD Invitation DLCP - wiki to promote this beautiful grass-roots program

Special Thanks

This program is offered to you thanks to the collaboration between:

- Various sponsoring Departments and Agencies
- The team of volunteering facilitators from various Departments and Agencies
- Interdepartmental Organizational Change Network (IOCN)

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