



## Are you an emerging leader?

*We're looking for candidates with personal lived experience of mental health distress who want to make positive changes in their community and are interested in transformational social change.*

### February 2022 – November 2022

The Yale Program for Recovery and Community Health (PRCH) in partnership with the National Mental Health Consumer and Carer Forum (NMHCCF) and the Mental Health Lived Experience Engagement Network (MHLEEN) is recruiting up to 15 emerging leaders with lived experience of recovery of mental health to participate in the **LET(s)Lead Academy**, a transformational leadership development program. This program is for consumers and additional courses will be held for carers and peer support workers later in 2022.

The virtual course is facilitated by instructors from PRCH, Department of School of Medicine, Yale and guest facilitators throughout Australia. The first phase of the course consists of 10-weekly online seminars that cover concepts such as developing a personal vision, transformational change, appreciative inquiry, strategy, and change management.

In the second phase of the course, participants will be matched with the mentorship of a community leader nationally or internationally according to a self-chosen piece of work contributing to the lived experience sector. It is intended that after course completion, participants will provide lived experience transformational leadership within their organisation and the mental health lived experience/peer support/peer work sector across Australia.

#### *Duration*

Participants will need to dedicate approximately 6 hours per week to the program during the first phase, including weekly 2-hour seminars and approximately 4 hours of homework between classes. This 10-week virtual sessions will run from **11 February 2022 through to 29 April 2022** and will be followed by 5-6 months of project work, monthly virtual meetings and monthly mentoring sessions. The program will conclude in November 2022.

Phase 1: 10-weeks weekly online session from February – April 2022

Phase 2: 5-6 months project work – April – November 2022

#### *What to find out more?*

Information Sessions will be held (via Zoom):

- Thursday 18 November 2021 at 11.30am AEDT
- Thursday 2 December 2021 at 11.30am AEDT

Zoom Meeting link: <https://zoom.us/j/3392232409>

*Application forms for the program are available at:* <https://nmhccf.org.au/news/nmhccf-and-mhleen-partner-with-yale-university-on-leadership-program> or <https://mymentalhealth.org.au/news>

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**This work is jointly sponsored by NMHCCF and MHLEEN**