

# LeadingAge<sup>®</sup> MN

## Leadership Academy

### Reflections from 2021 Fellows

*"This program has been life-changing for me, and I will forever be grateful. I cannot thank you all enough at Leadership Academy for teaching me many tools, but also teaching me a lot about myself. I feel more confident, patient, and empathetic to my peers. I have also learned to better stand up for myself and to use my voice. I am not a perfect leader by any means, but I sure am better than where I began."*

Mariah Aug, Benedictine Madonna Towers of Rochester

*"Throughout this Leadership Academy journey I uncovered strengths and areas of opportunity within myself that I would not have discovered otherwise. I have learned lifelong lessons and I cannot wait to continue to put the things I have learned into practice to strengthen my leadership skills."*

Megan Caspers, St. Francis Health Services of Morris

*"I believe that all the concepts we have learned and studied during this program have huge value in creating better leaders. Increased confidence and decision making is what I have noted in the last few months. Knowing your personality traits and how you can interact with others and having that understanding is very valuable. Great program."*

Toni Hubbell, Sunnyside Health Care Center, Cloquet

*"I am truly excited about the tools I have received during Leadership Academy. I feel more confident as a leader and have gained an invaluable amount of knowledge. I have also benefitted from the experiences the other fellows have shared. I will be able to use the tools, knowledge, and networking to improve my organization."*

Heather Sellers, Spring Valley Living

*"Leadership Academy exceeded my expectations. I've been through several leadership programs, and this is by far the best I have experienced. I took away action items each [session]. I have grown professionally and personally; I am so grateful!" (Anonymous)*

*"This program could not have been more helpful at this time in the world. I really needed this while dealing with the trauma of COVID." (Anonymous)*

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